

# What Does Your Man *Really* Want



By Cucan Pemo

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### **About Cucan Pemo**

Cucan Pemo is the Author and Publisher of "*Bring Back A Lost Love!*" at <http://www.RetrieveALover.com>.

For 8 months, she went through a painful experience of a failing relationship, and along the way discovered the secrets of creating that magical relationship which everyone desires.

The secrets she learnt enabled her to bring back the love of her life, and she even continued using the same "formula" to create a fulfilling and harmonious relationship with her loved one. No one believes it is possible until she makes the impossible possible. On this journey, she learnt a lot about life, human nature, and relationships, and proceeded to teach and share the insights she had gained to those who come to her. And get this! Her teachings and books have ALL started online since 2002.

If you desire to save your marriage, save your relationship, or even to get your lover back, get her [world famous book](#) today!

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## **Finding Your True Love: The 5 Essential Keys To Discovering the Love of Your Life!**

We all want to have the fairy tale. This would include finding the one person that we can spend the rest of our life with and live happily ever after. It is possible to find someone that we love and care about and not have to move mountains to do it. You can discover the love of your life and have the perfect ending that you have always dreamed about.

Love starts from inside you and then it will grow out to others. We all want to find that one person that we can extend our love to and have a happy life with. It is not always easy to do this, but we have to remain confident that we will find someone to make our life better and to make it well worth the sacrifices that we make on a daily basis for him or her.

### **Attitude may need adjusted**

If you are looking hard for that one person that is your destiny and you are having no luck, you may have re-examine your own outlook on life. How are you acting towards other people? Does your attitude need adjusted? Are you making a good appearance on those that you meet or are you scaring them away?

You have to sit down and think about how you treat others and if it is acceptable. If you are not so sure, you may need to figure out a plan to change the way that you act towards others.

### **Do you believe that you are lovable?**

When you are looking for the person to spend your life with, you will want to have someone that can love you for who you are. The main thing that you need to know is if you are happy with who you are and what you are? You need to understand that you are a person that deserves to be loved.

There are many circumstances that occur during one's life and it may lead them to believe that they cannot be loved. However this is not true. You deserve to find the one true love that will be there for you no matter what. You have to know in your heart that you are special and that it will happen for you.

### **Do you deserve to be loved?**

This is another question that most struggle with. Everyone deserves to be happy and to find true love. It would be a sad world without the one major emotion that can tie people together forever. This emotion is of course love. We have to have it and everyone needs to recognize the fact that they deserve it and have to want it in their life.

When you are ready to face the fact that you deserve to be happy, you can then go out on your quest to find a partner that will make your life what it should be. You can then think about being happy forever and having the love of your life.

## **Change the negative to positive**

Humans need to know that they have to find a way to be happy. They have to accept the fact that being negative is only going to make things worse. When you are serious about discovering the love of your life, you need to sit back and think about the positive things that they have brought to your life.

You have to think about how happy you are and what you are feeling right now. Once you have these feelings inside you, there is nothing that can stop your love from taking over. You can find the person that makes the negative go away and brings the good and positive feelings back where they belong.

## **Take charge of your life**

Being in control of your own life is the most important step in discovering a love. You have to be ready to take on the things that can happen and accept them. You need to know when you have to be stronger and move on. Your gut feelings are something that is going to be there no matter what and you should use this as a method of support to help you find your way to being loved and having the best love ever.

Before you find your prince, you have to be ready and willing to receive him into your life. You need to discover the person for who they are and want them to be something special to you. Take charge of yourself and give off the best positive attitude that you can and you will see that you are valuable to someone else and that you can have the fairy tale that you have been waiting for.

## **What To Do If Your Man Is Shutting Down for No Reasons, Why Has He Become Distanced?**

A couple, as man and woman, will share feelings and each other constantly during a relationship. Often times a man can become self centered, distant and uninterested in what you do or how you are. The man who is distant can make a woman feel uneasy about herself, un-needed, unwanted and often times self conscience as you second guess what you are doing all the time.

So why is your man shutting down emotionally and pushing you further from the relationship than you are comfortable with? You will notice the difference right away, as he doesn't hold your hand, as he isn't calling you often, and even moments where he is not looking at you but past you while you are out on the town. The man needs to feel as if he is the center of attention. This doesn't mean you have to become his love slave, or be at his beck and call, but you have to learn to make the man feel as if he is the center of your universe using your actions and reactions to the relationship.

The main reason men shut women out and become distant is because they are afraid.

Yes, the reason may surprise you but it is a well known fact that men who are afraid of becoming too dependent, too needy will push a woman back and put some distance between the two of you. A man can feel as if he loves you, but at the same time, is afraid of the commitment, afraid of becoming needed and wanted, where you will expect more of the relationship. The man who is afraid of a relationship is going to put some amount of emotional distance in the relationship, and this will be the distance you feel.

Another reason men put distance in the relationship is because they feel overwhelmed by need. What many women are surprised about, and no man is going to admit, is they will become distant in a relationship because they feel too needed, and you or the family is too demanding. A man must feel a little freedom in his life, where he feels important and able to be himself without always doing something for you or because of you. While it is hard to change, you can cut the distance in your relationship by helping your man feel a little more freedom and at ease in his life.

The cure is easy for the distance in a relationship such as this; allow him to enjoy his life. As a man enjoys his life, he will find he also needs you there to share in his joys, and accomplishments. The added freedom could be that he loves watching football, or loves being at the baseball field, or that he loves coaching youth teams. Giving him the time to enjoy his own pastimes and hobbies is going to give him the freedom in his life that every man needs. He will ultimately feel good about himself, and where he is in life, and in turn will want to share more with you, and be closer to you because of it.

### **Think about the many things you do and say**

Think about the many things you do, say and how you 'are' that may lead to your man being distant emotionally. Are you putting too much pressure on the relationship as you say you 'love him' all the time, or that you 'need him' all the time. You, as the woman, need to back off on the telling him all the emotions in your life, and focus only on showing him how much you love him. Showing a person, a man, how much you love him is going to be much more valuable in the relationship than actually saying it aloud all the time.

For example, if he is leaving a business trip for a few days, show him you love him by putting something in his suitcase that will remind him of you while he is away. Just a little note, with a heart, and no words, no written message, just the hidden message of your love he will find at a later date. Calling your man and telling him you love him every five hours while he is away is going to put pressure on the relationship he may not need, want, or have the time to tend to while he is away on business.

### **How To Keep The Relationship Alive?**

Keeping the relationship alive is going to be much easier than you might have thought before. As a woman, you are constantly working and tending to the needs of your relationship. To keep the relationship alive you want to show the man how you feel instead of saying it aloud all the time. Make him coffee in the morning, or make his lunch before he leaves every day, your actions speak louder than words in many cases.

Keep the relationship alive by taking the time to make his favorite meal, or do your hair in the way he loves most. Keep the relationship alive by putting on sexy perfume even when you are sitting around the house. A man needs to feel you love him, but without having to hear it all the time.

## **What To Do With A Man Who Fights And Argues With You Everyday?**

Do you dread the evenings when you are alone together because you know all you are going to do is fight? Often times, couples bicker and argue over the smallest things in life, and it is all a part of getting to know each other, and surviving a relationship. Every day you find it is a constant battle over who didn't put soap

in the shower, or who is going to pick up the children from day care, or where the money is coming from to pay the gas bill this month. The small things you argue about everyday can be twisted to put a positive aspect on the relationship.

### **Think about what you are really fighting about**

What are the real topics that you fight about? Are you arguing about small things in the home, that can be changed, or looked over – that are really down right insignificant when you think about it? When you find you argue about small things in life and in the home, it could be in your best interest to compromise and get passed these things for a healthy relationship. A man is going to feel a need to be the boss, to be in charge, and sometimes giving into the small things in life is going to put a positive twist on the entire relationship. The important thing to realize though, is to realize when enough is enough and a man is not always going to get his ‘way’.

Some small things in life are going to be in your best interest to get over, change and put behind you. For example, perhaps he argues with you every day about what type of bread you have in the house, or what type of soap you are using, or the type of perfume you use – change these things and put an end to the bickering as you focus on more important things in life. Sure, you love the green soap, while he loves the blue. One of the easiest things you can do in life is purchase both types of soap, so you have what you like, and he has what he likes all the time.

The couple that never fights, and never argues, never grows to the next stage in a relationship. In a relationship, no matter if you are married or if you living together, is a relationship that will go through many stages of growth. The growing stages are going to include the times when you and your man will fight and argue.

This is a point where you will be testing the waters, to ‘see’ if you are compatible and if the two of you are going to be ‘able’ to make compromises to continue on in the relationship. While minor fights are going to be easy to overcome the secret to overcoming major fights, major battles in the relationship is this: don’t say anything you don’t mean – or that you can’t take back. Spiteful and hurtful words are going to stay with your relationship for years to come. Only say those things during a fight that you truly mean.

It will be difficult to get passed the arguing stages of your relationship but you can do it. Both you and your man will have to think about why you are arguing, and what the consequences are going to be if both of you don’t stop the constant arguing and bickering. The more you talk about subjects and things that matter to both of you, the closer the two of you will come in the relationship. If you were to never talk, and never communicate, the fighting and the bickering is going to get worse. Arguing is method of communicating needs and wants, for both you and your man. Without communicating, the arguing is going to continue.

### **Start by telling your boyfriend or husband just one thing a day**

The one thing a day could be anything about your life, about the children, or about the world. As you learn to make conversations with your man, you will be teaching him the two of you have many things to learn and share. You don’t have to come right out and tell your man that you are going to share one thing a day with him, but just do it. As you become more comfortable talking to your man, and you find him easier to

approach about subjects, this is going to open that door so he in turn is going to tell you things about his life, about what he needs and wants as well.

A relationship without communication and without talking to each other is just two people living together and existing together. Communicating is sharing your lives, sharing your dreams, your fears and your 'wants' for the relationship. Tell your man about a dream vacation, suggest that the two of you go and do something together, or perhaps you can tell your man about where you would hope to live someday – these are all topics used to 'get to know' each other all over again, and talking about them will help your relationship grow.

## **What To Do With A Man Who Is Still With You, But Keeps Leaving For Someone Else.**

The wandering man is a real problem for many women. A man can feel challenged by other women, afraid of how close your relationship is turning, and a man can also feel unneeded or unwanted at home. Those are top reasons, why a man is going to turn to someone else for an intimate relationship, but it doesn't mean that you can't get passed this stage and turn him into the loving mature one woman man you wish he would be. Think about what your man is getting from another woman. Does she listen to him, does she do sexual things you won't, does she give him food and drink to calm him, or does the other woman give him a package deal of silence and sex that you don't?

After you concluded, about what he is getting from other women; you need to add that to your relationship. Perhaps you are not communicating, or talking too much all the time. Perhaps you are hard to get into bed, or that you are just not a challenge to him anymore. Spice up your life using the many topics you have found she offers him but you are not. If you are able to find out what she is offering that you can't or don't, use this for your own advantage, and take that need away from him by fulfilling it.

### **How To Keep Him And Maintain The Relationship**

Keeping and maintaining a relationship is going to be difficult, and with him constantly chasing other women, it is going to be even more difficult. First, the two of you are going to have to talk the subject of disease, if his relationships are sexual with other women.

As you tell your man that you don't want to end up with aids just because he can't keep his pants on, it will get your point across to him. If you are able to track and know what he is doing, when he is with her, these are the nights or the days, when you want to offer yourself to him. As he is satisfied, he is less likely to want to go to her and satisfy her. Yes, it is going to be difficult at first, thinking about why you are having sex, and an intimate relationship but if you truly want to hold on to him, you need to fill those gaps, stopping his need for her.

If sex and intimacy is not the problem, perhaps it is your schedule or his schedule. Is one or both of you heading off to work while the other is at home? You need to have schedules that are similar, so you can spend more time together. Get a hobby the two of you like and do it. For example, if you know your man loves to go to the movies, make it a point to see a new movie with him at least once a week for the next

few weeks. This is going to increase your time together, and it will nurture your relationship at the same time.

If you find that your man is turning to another woman because you are not able to communicate well in the relationship, make it a point to start talking with him. Get up when he is leaving for work, or be awake when he is coming home from work so you can make it a point to be there for him. As you learn to talk to your man, and share feelings, and things that happen during the day you are going to fill the need, preventing him from wanting to talk and share with another woman.

### **What Should You Do or Not Do?**

To hold onto a man, and to get passed his turning to other women you have a few choices. The hardest is going to be forgiving him and getting passed the thought of what another woman is offering him. You can ask him straight out about what she has that you don't, but you may hear a few things that are spiteful and hurtful, as a fight starts, that you will never be able to forgive. To get passed the idea of your man being with another woman you have to feel and believe that both of you are trying. Don't talk about her. Don't ask if she was good. Don't ask if she is still calling him. In the long run, you are going to know if he is still talking to her and it will come to an end if he is.

Make it a point to tell him you know about the other women, and that you are going to put an end to it. Make your point known to him, by telling him you want the family, you and him and the children to be together. Don't cry and throw a fit. Don't show more emotions, which are going to show you, are vulnerable to his every move. Do be more confident as you talk and control your emotions.

## **Making Your Relationship Work: How To Cope When The Person You Love Is In Therapy**

When you truly love someone and want to be with him or her, you will find a way to cope with anything. You will learn to deal with any problems and move on past them as much as you can. When the person that you love is in therapy, this is an example of a time when you are going to have to learn to cope with it. You want the relationship to work so you have to figure out what you can do to make this happen.

### **Dealing with issues**

When the person that you love has issues that they have to deal with, you will also have to learn to cope through it. You have to find a way to go along with your relationship and at the same time deal with all the pressures that you both have to go through. Dealing with the issues that a loved one is going through can be a big strain on your life, but you will find a way to overcome it once you find the strength that you need.

### **Be understanding**

When you have a person that is going through therapy, there is usually some reason behind it. They may have emotional issues that you have to be sensitive about. If this is the case, you should understand with them as much as you can. You want the person that you are in a relationship to know that you are going to

be there for them and help them in any way that you can. This is something that will give them support when they need it and know that they have you in their corner.

### **Get therapy together**

Sometimes it is a good idea to go to some therapy sessions together. If you are having problems within the relationship because of the problems that the other person has to go through, you may want to have counseling together. This can help you both work out problems that you might be faced with and it can also help the relationship along a little better.

If your partner does not want you to be a part of therapy, you need to figure out why. Is the problem he is having with you or does he just simply needs to have to work through his problem on his own? These are things that you would have to think about when you are not able to connect with them about the therapy that they are seeking. You want to be a part of their help as much as you can.

### **Do not blame yourself**

If your partner is in therapy it is important for you not to blame yourself. No matter what the reason for the therapy, you have nothing to be guilty or afraid of. There are many people that need to have emotional help through different things. They are not able to take on the challenges that everyone else does in a normal day and going through therapy is just a way for them to do it a little smoother. You should be supportive and help your partner out as much as you can. At the same time you have to be willing to accept the fact that you are a big part of their life and if you want to continue being there for them, you have to figure out how to support them without placing blame on yourself. It is important that you are confident in yourself so that the relationship can work out better.

You may want to talk more to your partner and find out how they are feeling. Getting closer is something that you will only benefit from and you will want to communicate as much as you can. Think about the things that you want to know and getting some answers to your questions can help you find out where you are in the relationship and how far you are willing to take it.

### **Making it worth your while**

Loving someone means so many different issues. You will have to take on so many good and bad things. You need to figure out if the relationship that you are in is something that you want to continue. If your partner is in therapy and getting the emotional help that they need, you have to support them and respect their decision to get help. No one said that it would be easy, but if you are committed to the person, it can be worth the effort in the end.

## **What To Do With A Man Whose Family Members (Including HIS Parents) Are Shutting You Out and Giving You Hell In Your Relationship?**

Being in a relationship with a man, is going to involve the members of his family as well. While your man may tell you that you married him, that you are dating him, and not his family it can be a difficult situation to deal with over all. No matter what does happen, you do need to remember you are married to that man,

and not to his family. You don't have to give into their every whim and need, but you can hold your head high and still enjoy life with your man, while putting those terrible thing behind you.

The children that come along with the man you are involved with are a different type of problem, but in this article, we are going to focus on the parents, the in-laws, and the extended family of the man you love, who are giving you hell, and that are causing problems around every turn in your life. The first step in solving the problem is talking about the problem with your man. As he is more aware of the situation and the problem, he will understand why you don't want to go to the reunion, why you don't ask his parents over for lunch and why you have emotional trips when you leave his parents home.

Tell him you are trying your best to understand and be nice, and then ask what he thinks you should do differently. It may be as simple as your husband sees something that is going on that you don't and it will help to solve the problem. Remember your man is there to be a 'part' of you so he should be able to offer you advice on how to get along with his family and his parents.

### **How Can You Win Them Over?**

Winning over the extended family in your life is going to be an ongoing battle. The first things you need to do is be nice, polite and offer communication with those you are finding it hard to be with and deal with. As you open your mind to talking with someone, you will find they are going to be amazed that you are talking with them and then they will learn you have opinions and something to offer. The process is going to take weeks, months and sometimes even years, but it can be done.

Win them over by being patient with those in the family that are most difficult. If you find your mother in law is always ready to criticize, turn it into a joke. For example, you bring over a chocolate cake, and it is a bit dry, and your mother in law has to say something about it – turn it into a joke, and say oh yes, we were to busy talking about our vacation and I forgot all about the cake in the oven.

Make the cake seem unimportant, and focus on something else to get passed that awkward part of the conversation. You could always say, yes, I like to make cakes from scratch, but today I used a box because we were so busy with running the children to soccer practice but I really wanted to bring you a surprise. This will show you are trying, and that are you are not too evil, but that you can 'dish it out' to those who are going to give it to you all the time as well.

### **What Should You Do or Not Do?**

You should focus on talking about the good things in life with your in laws or extended family. Avoid talking about money problems, about problems with the children, and problems you and your man are having. Talk about the weather, the holidays, the snow, the house, talk about work, but always avoid talking about any thing that is bothering you or that is a problem in your life.

Why are you going to avoid talking about things that are wrong in your life? Because you never want to give the in laws or the extended family another reason to talk about you. You want to always seem as if you are in control, that you are in confident and happy in your life. As the in laws know you have problems, or that you are avoiding talking about a problem, the will pry until they get all the details, and make you cry.

Avoid showing problems to those who are causing you grief in life, and you will find that your life will be easier to handle all around.

Do make an effort to inquire about their day, about their life, and about how the other family members are going. Do make an effort to talk with the in laws when they are visiting. Avoiding the situation is going to make the situation much worse over all. Get involved in family functions if possible, but if the situations are just that bad, tell you man you are not going to put up with it anymore. Have your man stick up for your life together, so that you can move passed this problem in life.

If the extended family really is all that bad you do have a choice, just don't go to their home for visits. Many couples do not visit their families as a couple, and get along just fine. You don't have to tell your man why you are not going if it is a real problem, just be busy. Get your work done, get your hair done, make an appointment with your own mother for the same day and time- avoiding the situation is not going to solve the problem, but it is going to show the in laws and his extended family that you don't want to be involved in their little games any more.

## **How To Cope With A Relationship With A Man Who Is Abusive?**

Relationships are always changing and the man and woman are together for many different reasons. Many men are abusive to their wife, and family but it doesn't always mean that you have to live like that forever. What you need to get straight is that there is abuse happening. Mental or physical, abuse is an action that is demeaning and hurtful. Pain that is caused by what a man says, or what he does is abuse. A man can raise his fist and hit you, and a man can tell you that you are a sloppy bitch both are forms of abuse.

Many women actually have a hard time determining they are suffering at the hands of their man. It can be very difficult to change a man who is abusive, and it can take months or even years for this to actually happen. You have to make up your mind if you truly deserve the abuse, and what is going to happen when he relapses? After knowing, and realizing you are suffering from abuse you can continue with your relationship decisions. Many women are not going to face the facts, that a man is being abusive, but if you have come to realize you are facing a problem right now, you are ready to make some life changing decisions for you, the family and for him.

### **How Do You Decide Whether You Should Stay or Go?**

Your choice to stay or go is going to be difficult Many women choose not to go, hoping the man is going to change, but there is actually very little hope in this. In deciding, whether you should stay or go you also need to take a long hard look at what is the root of the problem. Does he do drugs or does he drink a lot? Is this always the pre cursor to what your abusive problems are in the relationship?

If drugs or alcohol is a starting point for every major abusive battle you have had in the past, you can try to change this by demanding that he get clean. You are only going to be able to have the conversation when he is sober, and if it is not often, your choice is clear that you need to go away from the relationship. You can't stay where you are putting yourself or the children in danger. If he is sober most of the time, you have a good possibility that you can change him that you can make him understand you want to salvable the relationship but not with the ongoing drug or alcohol problem that he has.

## **Will There Ever Be Any Chance of Changing Him?**

A chance to change someone always exists, but it will be based on how much you are willing to put into the relationship and just how much patience you have to hang in their while the other person is making life choices. Some life choices are easier than others, and there is going to be bumps and problems along the way. Of course, if you make your demands, and your needs well known to your man, by stating exactly what you want or you are leaving, you need to stick by those choices. Stick by the choices you make and you will create a happier life for you, and hopefully for your man.

You will give you man ultimatums. Tell him he is not allowed to go the bar or go out after work. Tell your man you are not going to put up with his abuse any longer. Get a nanny cam and put it in the room. Have it turned on and when a fight breaks out you have it on camera. When your man is sober you can show him the tape, show him what goes on, and that you know he needs to stop or you are leaving. Showing a man first hand what is happening when he is high or drunk is going to open their eyes to what is really going on. Tell your man you will be there for the problems, for the difficult times, and that you still love him, but there is not excuse for how he treats you. He can have any woman to beat around, but it is not going to be you.

## **Can He be changed?**

Very little can be done to change a man who doesn't want to change, no matter how strong you come on about what you are going to do. What is going to be vital to your personal life, to your future, is that you express and make your needs known to the man.

Write it in a note, tell him in person, or use a method of talking to your man such as on the phone – what ever is going to be easiest on you. As you tell him what you want, that you need him to change, or you are leaving you have to give him deadlines. Deadlines make your choices clear. As the deadline comes and goes, make your plans to leave if he has not done what you have asked. If he is strong willed and changes, you will have a happy life together, if not, it is time for you to move and on seek a new life without him, no matter how much you may feel you love him.

## **The Road to Recovery - 8 Quick Ways to Overcome an Abusive Relationship**

Getting out of an abusive relationship is not always easy. It is something that can be very hard, but it is necessary to do. You will probably feel your worst when you are in the relationship and may feel bad while you are trying to get out, but in the end, you will have a better life and feel a sigh of relief come over your body. It is a big adjustment to make, but with the right help, you can overcome an abusive relationship and raise above all the pain.

Being lonely is the worst part. No one wants to be by alone. However it is better than being abused either physically or emotionally. No one deserves to be treated badly like this and it is important for people to realize their self worth and what they can do to make their life better and improve their situation at the same time. After a healing period, you will begin to see that you can make it on your own and that you are ready for a new life.

## **1. Believe in who you are**

You have to know that you are important and that you deserve to be happy. You may have gone a long time feeling bad about whom you are and it can affect the confidence level that you have. You need to make sure that you believe in who you are and what you need to have in your life. Getting to this point is something that you will have to work hard at.

## **2. Do what you want to**

When you are finally free of the bad abusive relationship that you were in you need to figure out what you want to do. You have the chance to finally do what you want in life and now are the time to do it. You have to figure out what you want to do and go for it. Do all the things that you were not “allowed” to do before. Find out more about yourself and what want to do. You can get out there and have the fun that you have been lacking. This is a great healing process that you can add to your life.

## **3. Have some “Me” time**

This is the time that you can use to spend alone. You need to catch up on what you have been missing with yourself. Sit alone and read a good book or watch a movie that you have wanted to see. These are things that you can do to help you heal after an abusive relationship. You have to find a way to move on and do things on your own. You will see that you can have fun and enjoy some quality quiet time to yourself.

## **4. Do something nice for yourself**

One thing that you can do to help get over an abusive relationship is to buy yourself something nice. Do not be afraid to go out there and get what you want. You can have and do just about anything to make you feel better. You do not have to spend a lot of money on the one thing that you get for yourself but you should get something that you like. Get yourself some flowers or find something that you have always wanted to have like a new blouse or a painting that you admire. You will feel how good it is to have something that makes you happy and not have to worry about how you got it or whom you have to answer to.

## **5. Call up your old friends**

You can use this time to go out with old friends and do some catching up. You may have had to let some of your friends go when you were in the abusive relationship. You might have not been able to see your old pals and hang out to do the things that you use to. Now is your chance to get that all back. You can lean on your friends and see how getting this type of support is something that will help you achieve your goal of being free but still having someone to lean on when you are in need of them.

## **6. Be good to yourself**

One of the most important things that you can learn to do when you are getting out of an abusive relationship is to be good to yourself. You have to learn to treat yourself with respect and to realize that you are worth something. You are important and you deserve to have the best. Do not get discouraged

because you have had this one bad relationship. You can move past it and find the happiness that you have been waiting for. Remember that you are worthy of finding true love and your day will come.

## **7. Find a hobby**

Leaving an abusive relationship can mean that you are now lonely and need something to do with your spare time. You may not be ready to move into another relationship right away and there is nothing wrong with that. You do not have to be with someone to have a good time. You can do something that interests you like a hobby. Maybe you like to swim, run or read. You can even join a fun club that is in your area. There are many different organizations that you can join that will offer you some support while also teaching you a great trade.

## **8. Date wisely**

After leaving an abusive relationship, you may want to find a new relationship with a man someday down the road. You need to take your time and let yourself heal first. You should think about whom you are going out with and make sure that you are not putting yourself in the same pattern again. You need to find someone that is totally different from the abusive relationship that you were in and be choosy. Never make excuses for their behavior and walk away if you start to feel uncomfortable.

You are in control of your life and you need to make the best possible choices for yourself. Take your time and be careful of the choices that you make. Think clearly and for the first time, have some fun that is well deserved.

## **He Is Often Shutting Down or Running Away! What To Do With A Man Who Has Commitment Phobia?**

Falling in love with someone is the easy part of a relationship. Commitment to each other will come in time, as the need arises. Some men are more likely to feel the need to marry while others do not. The man who is ready to commit to marriage is able to say without a doubt they have no problems taking risks.

A marriage is a risk, one that will involve both of you together for the rest of your life. A marriage is based on how comfortable one feels not only with the other person, but also with their self at the same time. Some men never will commit, never asks a woman to marry, but will live and be with one woman for the rest of their life.

Marriage is a piece of paper giving two people additional reasons to fight for each other, to stay together, and to boast to the world about their love for each other. The man who chooses not to marry isn't trying to say he doesn't love you, but that he is afraid of failing, afraid of making the wrong choices in life, that he is not sure you are going to be happy with him for the rest of your life. Commitment is a big word for some, and in this day and age, where divorce happens with such a high rate it is no wonder that some men are not going to want to commit to a relationship for the rest of their lives.

## **How Do You Get Him To Commit or Say “Yes”**

Getting a man to commit and say yes is going to be difficult if you have been in a long-term relationship, and he has not committed to marriage yet. Men who are comfortable with the relationship they have are not looking for change. It is possible that the man doesn't know anyone who is happily married. Perhaps the first step in getting him to think about marriage is to be with other couples that are married. He will soon find out that others who are married face the same problems that you do as a couple so you already have the battle down to a science.

You have been able to live together for four years, so why not get married. Ask him about his fears, and what you can do to change it. If he still avoids the subject, perhaps it is time for you to move on in life. Only you can make that final decision though. No one is going to be able to tell you if you are better off without him, or that you are better off finding someone who will commit. Many men and women have been in relationships for years, for their entire lives, and never made that final step – and they have lived a full and happy life even with children.

## **How To Decide Whether You Should Stay or Leave The Relationship?**

Deciding to stay in a relationship is going to be based on how much you love the man, how much you have invested in the relationship and just how happy you are. If being married is really all that important to you, and your man is not going to make that step any time in the next year you should move on. If you are happy, you are in a monogamous relationship, and you have children together, it could be in your best interest to stay with the man even if he is not going to marry you.

Many relationships will last a lifetime without that paper that says you are committed to each other. Many men are afraid of marriage because they love the thrill of pleasing you, and making you fall in love with them again every chance they get. Just because a man can't offer you marriage does not mean you have nothing to look forward too. A man who is jumping into a marriage, is one, that you should avoid getting further involved with if you are not sure you love him. If you have been living with a man for more than two years, you have come to learn much about each other. You know each other's habits, but you have still so many things to learn about each other. If we were to tell you to leave the man who won't marry you, we would be wrong. If we were to tell you to stay with that man who won't marry you, we are still wrong. This is a personal choice only you can make.

You have to determine how much you love the man, how much you want to be involved in his life, and how much you want to be near him everyday. If there is any chance you are not happy, that you are not where you want to be in life, you should leave and search for a new man to love. If you are happy and you are satisfied, you should stay where you are in your relationship and enjoy it to the fullest potential you can.

## **Is There Any Way You Can Get Him To Commit?**

Commitment is a word, a piece of paper. If you are already living with the man, you have a commitment. If your man brings home the paycheck to support you and the children, you are already involved in a commitment.

There really is no way you are going to get him to commit. You can make him understand how important it is to you, and you can tell him this is what you really want in life, but you can't force him to do it or in the long run, he is only going to regret going ahead with the marriage only to please you. You may get what you want, and then, feel as if you have no challenge left in the relationship and want something else like a divorce. Be happy with what you have, and learn to live, love and survive in this crazy world.

### **What Are The Things I Should Know About Him But Am Not Been Told In Schools?**

It is important to realize that if you were to get pregnant on purpose, thinking this is going to make him marry you, you are wrong. If you think that making him jealous is going to make him pop the question, you are wrong. To truly love a man is to love a man the way he is, without strings attached, and accepting the relationship and the commitment you have made together. If marriage happens, it happens and it will be because both of you want it!

### **How Do You Cope With A Man Who Is Obsessive With Visiting Dating Site?**

A relationship is going to change when a person, man or woman is spending time in a dating site online. The man who is visiting a dating site online is searching for someone, or something, even if it is not consciously. You need to be able to trust your man, and with him being on a dating site to start with you have no idea what he is telling women, what he wants from those women, and who he is going to hook up with.

A man in a relationship should not be on the online dating sites. If he is telling you, he is only messing around and that he is not going to make a date, he is lying. There are plenty of things to do online without going to a site where dates are made and started. A man who is happy with where he is in life, and with what he has in life is not going to seek problems and relationships online in a dating site.

First, you need to face the facts. He is leaning towards cheating on you. Words and relationships, even if it is only taking place online is cheating. He is cheating you out of time with him, he is cheating on you by not sharing his life and needs with you, and these steps are going to lead a man to cheating on a woman by making a date and visiting with the woman. Now that you realize what is happening, and what is most likely going to happen if your man continues with the obsessive behavior you can do something about it right now.

### **Can I Get Him To Stop?**

The only way you are going to get him to stop is by unplugging the computer and demanding that he stop. Even if you are married and he is getting online, you don't know he is not going to do anything more. Why is he online at a dating site? No one is going to be able to answer that but him, but you know you are going to have to speak up, and put it all out on the table for him.

Tell him you are leaving if you find he is on there again. If he has the opportunity to do it when he is at work, you will have to trust him. If you find him on the online dating site, again you are going to have to

leave until he comes to his senses. If you leave, you can't go back thinking he is going to change his ways until you know for sure.

A man that is searching for more in life, such as sex talk, or a new fling, or a woman who is going to be dependent on him for nothing more than an exciting page of filth doesn't belong in your marriage or in your relationship. What would happen if your husband walked in and found you online in a dating site? Ask him that question so he feels just what you do. If he doesn't care, then get online, and get on the dating site and learn to talk to someone else just as he does. Your relationship is not going anywhere anyway so you might want to find a new man now.

### **Will He Ever Change?**

Do you think he is ever going to change? If you are reading this article, you most likely already are realizing he is not going to change. There is something lacking in his ability to commit to you or to himself as he continues to seek the company of others who are online and in a dating room. The online dating sites are for people who are seeking something, and that something is what he wants even if he is not able to tell you exactly what it is. Every relationship is built upon trust. If he is online in a dating site, or online in a dating chatroom you know things in the relationship are just wrong. If he is not willing to turn it off, and come talk with you, you need to put that relationship behind you and move on in life searching for someone who is going to appreciate who you are and what you have to give in life.

### **How Do I Get Him To Change?**

The only real way to get him to change is to tell him you are leaving, and do it – if he continues to get online on the dating sites. There is no reason why a married man, or any man in a committed relationship should have to be on a site, where singles are.

Think about it this way, if your man were in a singles bar, wouldn't you question him? Wouldn't you think he is going to be susceptible to doing something wrong, something that is really wrong for your relationship? If he doesn't change, and if he doesn't prevent you from leaving there is more going on than you already know. Stick to your guns, no matter how much it hurts and how much pain, because in the long run you are better off without him.

## **What To Do With A Man Who Is Constantly Traveling Overseas Because of His Work Commitments But Who Seldom Calls or Keep In Touch?**

Business is business, and a man who is constantly traveling leaves his family and woman behind as he tackles that next job. The man who is traveling for a living can find that the life on the road is very lonely and he will call home or at least write home as often as possible.

There are many situations where calling home is not going to be an option because you will be in different time zones, and calling can be expensive. Situations also exist where a man is involved with a client for ten and twelve hours a day making it extremely difficult to call home and touch base with the woman of his life.

A relationship is going to suffer when a man is traveling, leaving the woman at home. You must make your needs known to your man in order to 'continually survive' what is happening in the relationship. It will be important that the man spends all his free time at least trying to get in contact with you. If you don't tell your man how lonely you are when he is away, he may not even realize there is a break down in the marriage and he will not be 'trying' to rebuild those bridges while he is traveling.

Simply sitting down with your man and telling him your feelings is going to be a good start in rebuilding your marriage. Constant traveling doesn't have to be the end of a marriage, it could be the beginning of a new stronger relationship as you learn to talk and communicate again.

### **What Can I Do To Keep The Relationship Alive?**

Keeping the relationship alive is a long process, one that is going to take place over the years of your marriage. This is not a process, that just those who are separated by continents and business are going to have to go through, but it is a part of every relationship and every marriage. The marriage is a commitment to each other that you will continually have to work at, even if he is working at or near the home.

To keep the relationship alive you can send him a message to his hotel. Telling him you miss him, and that he should call. Keep surprises happening in the relationship so he knows you are thinking about him, and about him being away as these are important steps in a relationship. As he is thinking more about you, he will be more likely to pick up the phone and say hello. Other little things you can do include putting a note in his briefcase that he will be taking with him.

Give him a little note that you are so proud of him and how hard he is working. Leave him a message in his suitcase that you will be wearing his shirt until he comes home again. Leave him little surprises in his baggage, such as a bra that is covered in your perfume so he will think more about you while he is gone. The little things in life, that don't have to cost anything, are going to be messages to your man about your love for him. He can't miss you if you don't make it a point to be missed!

### **What Can I Say or Not Say To Him So He Will Understand My Needs?**

One thing that you can bring up and say to your man is that you miss him. When he does call, make it a point to listen to him, and to be attentive. Don't be yelling at the children, or tell him you have to go fast. Always be receptive to the time he takes to call you. Avoid being distracted no matter what the cost when he calls. Tell him you are so happy to hear from him, and that you wish he were home. The more a man realizes he is missed and loved; the more often he will call home while traveling. A man that doesn't feel appreciated is not going to call home often, because he will think you are too busy to talk with him. A strong relationship is one that is trusting. Avoid asking what women are in the company. Avoid asking who is talking in the background of your phone call.

Avoid saying anything that will jeopardize him calling again while he is away. While this may sound like you are tiptoeing around you are not really. The man who is traveling wants a supportive wife at home. A man who is traveling wants to be trusted and wants to trust his woman is faithful while she is at home as well. If you make accusations about him sleeping around or not paying enough attention to you, he will run 'that way' thinking you must be 'running around' on him or why else would you be accusing him of doing that.

Trust your man while he is traveling and working. Give him little things in life that show him how much you care and support him. The change in him will occur over time as he realizes just how much you look forward to him coming home. For example, meet him at he airport when he least expects it. Have something sent to his room while he is out of town, as these are all things that show you care and love him without having to track him down and ask him details of who and what he did today while he is away.

## **Addictions To Love: How To Overcome Obsession and Dependency In Your Relationships!**

Being obsessive in a relationship is not healthy. In fact this can become a very big problem for both people in the relationship. It is important to remember that you have to give each other space and freedom so that each of you can live a healthy and happy life together. Being too dependent on another person can cause a lot of emotional and physical stress.

### **Jealousy is dangerous**

When someone is jealous these feelings can be there for a number of reasons. One of the reasons can be due to the fact that the person is too dependent on the other person in the relationship. This is a destructive behavior that can bring on more and more problems to the couple.

There are many that do not realize that they are displaying feelings of jealousy in the relationship due to an obsession or dependency to someone. They are not seeing the fact that they are making it hard to function like normal couples. Jealousy can be a big problem for many and it is important to try and stop it first thing in the relationship.

### **Taking relationship advice**

There are many out there that can offer relationship advice. It is so wise to take what you can get in situations of obsession and being too dependent on someone. You have to see how you can get over the fears that you have inside you and move on to a better and more fulfilled future together. You need to find someone that you can talk to and trust to display what you are feeling and that you want to get help.

If you think that you need to get real help for this problem, you may want to find some kind of therapy to help you through it. This can be very therapeutic and help you find out why you are having these feelings. These types of therapy can help you overcome the feelings of obsession and help you learn to not be so dependent on another person.

## **Healing tips for you**

Being obsessive and dependent to extremes is not something that you want to do. You surely hate having these feelings and want to find ways to deal with it so that you can have a happy and healthy relationship with someone that you love. You will want to pay attention to the tips that are available for you to learn about and be stronger and more independent in a relationship of any kind.

### **What are you obsessing about?**

Think about what you are so worried about happening. Are you afraid that they will leave you or move on? You have to figure out what makes you so scared that you have to this overwhelmed with obsessive feelings towards the other person. One you do this, you may be able to figure out how to stop it and move past these feelings on your own.

Take some time to get in touch with yourself. Think about what you are feeling and sit down and allow you time to breath without involving someone else. You want to take deep breaths and make sure that you have all that you need before you confront someone. Taking your anger out on the person that you love will only harm your relationship and bring you more feelings of sadness and overwhelming.

### **Take a break**

You may have to separate yourself from one another until you have learned to deal with your obsession. Getting stronger and learning how to live independently without having to obsess about someone else is going to be a major change for you and it is necessary to take time to be yourself and to move forward with your own life first.

### **Have courage**

You need to have courage to face your fears. Chances are the problems of obsessive feelings that you are having are not the other person's fault. You have to own up to the fact that you are the problem and you have to face it. You need to commit yourself to change the way that you live and feel so that you are not destroying your relationship that you want to have so much.

Learning to take over your feelings of obsession in your relationship is going to make the difference. You will see that you can have a happy and healthy situation when you decide to change the negative and turn them into positive feelings. You can overcome being to dependent on your partner and give both of you the breathing room that you need.

## **How To Become Stronger and More Able To Love Again In The Midst of A Breakup?**

Breaking up is hard to do no matter what anyone says. It is something that is going to change your life and how you love. You have to have the ability to be strong and to face anything that is thrown your way when

you are dealing with a break up. You will see that when you are prepared and ready to move on, you will have an easier time getting what you need from your next relationship and loving bigger and even better.

We all go through a break up in some point of our life. It can be rough but keep it simple and with as little pain as possible. Breakups are usually handled differently in every case and you have to make sure that you are following through with the best plan of action for you.

### **Know what is going on**

You should realize what is happening and why you are breaking up. Make it clear to yourself that you are not to blame and that it does actually take two to make a relationship work. Accept the pain that you are feeling and know that you are a good and strong person no matter what.

Allow yourself to have some distance from the breakup and figure out what you need to move on to next. Stay friends with the other person if you would like, but do not have immediate contact with them for a time after the break up. This will help you find some healing time and get your thoughts together.

### **Think clearly**

After a breakup your head may not be on straight. It is very important to make sure that you are giving yourself time to figure out what you want in life. What type of relationship are you looking for and what kind of guy? Think about what you want and deserve and then you will be able to move on to a different kind of love. You will find love again and you have to make sure that you believe this about yourself. It is the only way that you can move on and have a happy life that you so deserve.

### **Keep your friends close**

Your friends are so important after a breakup. You need someone to lean on. You do not want to lean on another guy and go into a relationship right away. You need some time to heal and to think things through. Your friends will be there for you and able to help you with support that is necessary. Use this time to get closer to your friends and to have a little bit of fun. You can explore your options and move onto so much more.

### **Do not hold on to the past**

When you want to move onto another relationship after a break up, you have to be willing to let go of the past. Do not bring up the subject of your old flame. All this will do is scare the other perspective relationship away. You need to think about your future and move past all of the good times that you once had. Avoid anything that may remind you of the other person for as long as you need to. It does not have to be forever but just until you have reached a point where you do not need to be afraid of how you are feeling.

### **You should never overreact to the situation**

Do not panic. Your life is not over just because you are going through a breakup. Chances are you will find love again and it will be bigger and better this time around. You do not have anything to worry about and

you will find someone that will make your heart full of love again. There are many emotions that you will have to deal with when you are going through a break up.

Overreacting is only going to make things worse and seem like you are going through so much more than what you really are. Take time out for yourself and find things that you should be doing in your newfound free time.

### **Find happiness**

You can find happiness again. You have to stay positive when you are going through a breakup. You need to focus on the areas of your life that make you happy. You have to spend more time with your friends and family and do things that you love to do. Travel to places that you have always wanted to go, meet new people or sit down with a great book that you have always wanted to read. No matter what you love to do the most, this is your chance to do it.

### **Let go**

There is just no reason to stay heart broken forever. You have to let it go and move on. You can build your next relationship to a bigger and better experience and you can grow stronger in the process. Life is one big lesson and breaking up is just one assignment in your chapter.

## **What Men Want: What He's Saying - And What He *REALLY* Means**

What a man says and what he does are often times two different things. A relationship with a man is all about being able to 'tell' what he means even if he is not saying it aloud. Many times a man is going to talk about a relationship with you, a commitment if you are going to bring it up first. Often times a man is not going to initiate any discussions about a commitment or the problems the two of you are facing.

1. A man is going to tell you he doesn't need a paper to tell him he is involved with a woman, and to be involved in a commitment. He wants to keep the relationship the way it is already. What the man is really telling you is that yes, he loves you but he is scared. Most often, a man is not going to get married to prove that he loves you he already does or he wouldn't be with you. A man is not going to get married and not take that final step in commitment because he is happy with the understanding and the relationship that you already have and enjoy.
2. A man who is online all the time, and who is involved with chatting with girls tells you it is just for fun, and that you should trust him more because what harm could come from chatting online. He wants to continue chatting online with women and he wants you to butt out of his life. The reality of what a man is telling in you in this situation is that he is talking with someone online and sharing his life with someone online. He knows it is wrong, but you are not going to be able to tell him what to do or how he should be doing it. A man is going to continue chatting online because he feels the challenge of the woman on the other end of the line, and loves the new attention he is getting from her.

3. The man in your life is constantly telling you to get a job, that you need to be more supportive of the household. What this man is really trying to tell you is that he can't support all of your needs and his. He feels that for the relationship to work, you need to take an active role in bringing in the money and paying for some of the bills as well. The man in your life could be afraid that you are depending on him just too much and that you should get out there and make new friends, even if they are friends you meet at work.
4. A man who hits a woman, and then tells you he is sorry and didn't mean it is really lying. A man, that is abusive, is going to continue to be abusive. The abusive man wants to feel power and control in the relationship. The man who can't control his feelings is likely to never change, unless you are able to change the reason why he hit you to start with. Your best option is to run from this relationship no matter what the cost or pain you feel.
5. When a man tells you that his family is very important to him and that you need to back down from his mother he is really telling you that he would choose his mother over you. While he might tell you it is going to be easier to get along if you were to change, he is really telling you that no matter what you do you are never going to please her, so you will have to change your ways to be a part of the family. In reality if the family can't accept who you are and how your life is, you shouldn't be a part of that family. It will only lead to ongoing grief and frustration in your life.
6. A man who is constantly working late, and calls to tell you he will be late again is not always on the up and up. If his paycheck never changes, or when you call the office and he doesn't answer, the man is really telling you that he is not coming home right now and he has better things to do than to spend time with you. If you are always sitting at home, wondering where your man is, and he tells you he is working late all the time and can't make time for important matters, you need to move on in life because nine times out of ten he is cheating on you.
7. A man feels there is nothing wrong with having women friends. Most times this is going to be the case, and a woman friend is not going to be a problem. However, if your man is telling you that he just likes hanging out with this one woman he knows, it is likely he is cheating on you. He may not be having sexual relations with her, but he is cheating on you because he is giving his attention to her. He is cheating on you by being there for her and not for you when you need him most. He will tell you he is not cheating on you, but when he sticks up for her again and again, you know there is an intimacy level there that should not be.

## **How To Bring Back An Ex Who Is Cheating On You.**

You have recently found out that the man you love is cheating on you. The word cheating doesn't always mean the act of having sex, but it could be a dependency on seeing another woman, the need to hear her voice, a need to please her. So, you have caught him in the act of cheating on you, and now you want to bring him back into your life. Can you really learn to forgive him for straying from your heart? This is a tough question only few women are going to be able to answer truthfully.

You can bring back the man who is cheating on you, no matter how far the cheating has went, and no matter how bad the hurt is really inside your heart. The trick to bringing back a man is to think back to a

point in your life together, that will show you what he loves the most. Does he have to be babied all the time? Does he want supper on the table at a certain hour?

Does your ex feel that he should be making the money in the home? On the other hand, perhaps you have always given your complete attention to this man? While you want to bring back the man you love, and change his ways there are a few things you will have to change as well to bring him back and keep him. You can be sneaky or just outright changed, but it will depend on how much you want this man back in your life.

### **What Should You Do To Keep The Relationship?**

You can be sneaky about the attack. If you feel certain you love this man, and you want him back find out where he will be and when he will be there as often as you can. Make it a point to be in the same places, and at the same parties. Get your hair done, your nails done, and be fun loving self. Talk to everyone in the room but him the entire night so he feels your presence but not your attention. As you are getting ready to leave for the night, be sure to say hello, and nothing more to your ex, but it is important to do it with a smile.

After a few 'run ins' like this on several different occasions you are going to be on his mind all the time which will lead him to want you more and more, until he calls you. The only way this sneaky method is going to work is if you are able to act as if nothing bothers you, avoid the fact he cheating, don't talk about it with others in the room and more importantly don't embarrass either of you by saying anything in public. Build his awareness of your creative sexiness, and availability without giving him the satisfaction of seeing you mope around.

Be fun, loving, and sexy with every one in the room, as you make him notice you are a woman who can get by without him. Most men feel the urge to be in a woman's life when they realize they are not needed, as strange as it may seem.

### **How Do You Decide It is Time To Leave The Relationship**

The pain you feel every time you see your ex, no matter how much you love him is going to help you determine if it is time to leave him. If you feel you, need him back only because he left you, or that because his heart is not following yours own, it could be time to leave the cheater behind?

The pain you feel because you love a person, unconditionally is different from the pain you feel because you have been 'dissed'. How can you tell the difference? If you feel angry because he is cheating, you are not truly missing him. If you want to hurt him, you are not truly in love with him. If you miss how he holds you, talks with you, or you miss how you spend time together just being together; you miss him and should think about taking the cheater back.

### **Should You Give Him A Chance?**

The decision to let him go is going to be one that is difficult to make, but you can make it on your own. The feelings of anger, and embarrassment are going to be two feelings that are difficult to overcome. These

feelings are going to put a roadblock in the relationship forever, as you can never rebuild the trust while these feelings are present. If you can't get passed the anger, and the feeling of abandonment, you should leave him where he is with someone else. If you feel confident in yourself, and in your abilities to get by without the man, but you miss him in your life you should try to get him back.

The only real reason to give a man, who has cheated on you in some or in any manner, is going to be based on the fact of love, and not a need. If you need him to care for the children, if you need him to pay the bills, or if you need him for other materialistic things, you should leave him be, no matter how hard it is. If you want the man in your life, just because of the love, you have shared, and the memories you have built together, you should track him down and make him yours again.

Being together, as a couple for love no matter what else, is reason enough to track the man down and give him another chance – but overall you are going to have to sit back and do some serious thinking about the relationship before taking that leap. Find the difference between the need and the want and you will be able to confront yourself, making a solid choice for your life and the cheating man.

## **Loving Yourself: 10 Steps To A Happier YOU!**

Do you know that you are the most important thing in the world? You have to know that you have to love yourself before you are able to love someone else and totally be happy in your life. You need to let go and relax.

Find a way to get in control of your life and then you will see that you can have a great life that is full of enjoyment and happiness. When you are willing to take a few different steps to happiness, you will find it to be a big help in the process.

### **Do not criticize**

You do not have to criticize yourself all the time. Criticism is not the answer and never changes anything. You do not need to put all the blame on yourself. Accept yourself for who you are and what you are in life.

Everyone makes mistakes and the sooner that you realize that you are going to make them; the faster you will be able to move on. Do not be negative and think about the positive that you can do. When you are not criticizing yourself, you are going to see that you will feel more relaxed and motivated to move on.

### **Do not be scared**

Do not dwell on the bad things in life. You have to stop think about the bad thought and fill your head with good ones. Having pleasures in life is the one way to feel good about you. When you are able to let go of the scary thoughts, you will see that you can have a more enjoyable and easier time finding love for yourself.

### **Be patient**

One of the most valuable lessons in life is to be patient. You have to give yourself time to learn new things. Treat yourself as you would anyone else that you really loved. Give yourself a break and realize that you

will get there and have what you need. Do not rush yourself to do something. Patience is a great thing to have and when you learn it you will have a less stressful life and you will find more love in your heart.

### **Give yourself praise**

Make sure that you believe in what you do. Praise yourself every chance that you get. You need to put some positive thoughts into your head so that you are able to have the good outlook on life that you deserve. Give yourself support and find ways to create more support for yourself. Lean on your friends and loved ones. They are there to help you as well and by doing this; you will feel better about who you are and what you have accomplished in life.

### **Love your body**

Remember that your body is very important to your happiness. If you are not happy with the way that you look, you have to do something about it. You will never really be happy unless you get healthy and turn into the person that you want to become.

You have to eat right and do the proper amount of exercise. You need to put these things into your life so that you are able to motivate your body into doing the things that you want it to. Learn what you can about the different exercises that are good for you. Giving your body energy is one way to feel good inside and this will help you start to love yourself for who you are inside and out.

### **Find your inner strength**

Giving yourself the support that you need from the inside out is important. You may want to search and do some digging to find out what your inner being is all about and who you want to become. You have to have some kind of power from deep within helping you through your journey. You need to be strong and think about what you want to have in your life. Think about how much you deserve to be happy and what you should be doing to get there. Pull this from your inner being.

### **Be spiritual**

You do not have to be someone that goes to church all the time to be spiritual. You do however have to find the one thing that makes you happy. The one thing that makes you feel good about how you live your life and what your purpose is. Once you have this, you will start to see that you are finding love in yourself and feeling good about what you are doing.

### **Respect yourself**

Giving respect is something that you have to learn. You also have to learn to give yourself respect. This is something that is very important and without it you will have nothing. You need to know that you are worth respect and that you are someone that can overcome anything because you know that you are someone that can do it. Respecting yourself will come with time and along with respect, you will soon start to love yourself as well.

## **Having goals**

Goals are so important to have at anytime. You need to make long term and short-term goals for yourself. You can make these goals for later on down the road and for today and tomorrow. As long as you have goals to work for, you will have the will to go on. As you accomplish your goals, you will feel the love form inside you. You will have found the purpose in your life and know that you can achieve what you put your mind to.

## **Be proud of who you are**

There is no way to hide from who you are and what you want. You are who you are and you should be proud of it. Giving yourself pride is something that will help you love yourself so you need to do things that make you feel good inside. Knowing that you have worked hard for something and that you deserve it is very important.

Loving yourself is very important. You have to do this before you can love anyone else and with some work, you can achieve a great love for who you are and what you do in life.

## **Conclusion**

Nothing is more traumatic than seeing a relationship falling apart. It breeds suspicion, distrust and distance. A couple who could not live without each other at one point of time start finding reasons to stay away. The relationship failure is painful for both the partners. Both try to hurt each other; and the more they hurt each other the more they destroy what was once a very loving relationship.

## **Signs of relationship failure**

It needs no special skills to understand when a relationship starts turning sour. Some of the indicators are:

1. The partners start finding fault with each other.
2. They stop listening to each other
3. They start spending more time outside the house
4. They find less and less time, and even less reason, to touch each other or reassure each other that everything is right.
5. The trust breaks down.
6. No satisfactory explanations are offered for coming late.
7. Phone calls are not returned
8. There is an attempt to hurt and wound each at the slightest possibility.
9. The mutual respect that existed for each other starts shrinking.
10. There are high expectations but no give and take.

## **How can women save the relationship**

The onus to save a relationship rests on both the partners. One partner alone cannot save a relationship if the other is adamant of walking away. However, if the relationship is in trouble on account of misunderstandings then surely the woman in the house can save it.

The first step is to start listening to her mate. She need not flare up or show her disapproval if she does not agree to what he has to say. Instead, she must accept at face value his statements. This is not an easy task but the first critical step to assuage his male ego. No man wants to be treated lightly. He will start feeling more wanted if he finds that the woman he loves is not always on the warpath. The small conversations that ended up in bitterness and conflict will gradually start getting longer.

The next step is to show that you want your man to come closer to you. This can start by putting a little more passion in the peck that you give him when he leaves for work or the hug when he returns. He may surely be surprised, and even a little restrained to return you new found love, but there is no better way to close the gap than through touch. It can bridge the widest of distances that may divide a relationship.

You should simultaneously start finding fault with him. Don't ask him to give an explanation for coming late or staying away on weekends. Take it in your stride. Wait for him to open up.

### **Give the man some space**

Also, give him space to unwind when he returns from work. You don't have to rush to him, and start a conversation. Every man likes some private time and space to himself. Let him avail it; let him cool down and become emotionally more ready for your light chat and banter. Avoid subjects that he thinks are frivolous; focus on issues that may interest him. Of course, don't try to fool him by trying to over reach yourself. Even silences are great for companionship. You can just pat his hair or hold his hand while he watches TV or hover close around him to make him feel wanted.

Soft music and good food can make him more relaxed. Try to play music that he likes, and cook food that he loves. You should allow him to set the pace if he wants to take you to bed. Don't push yourself on him. But let him believe that you have come to him because you wanted it. This anyway is true.

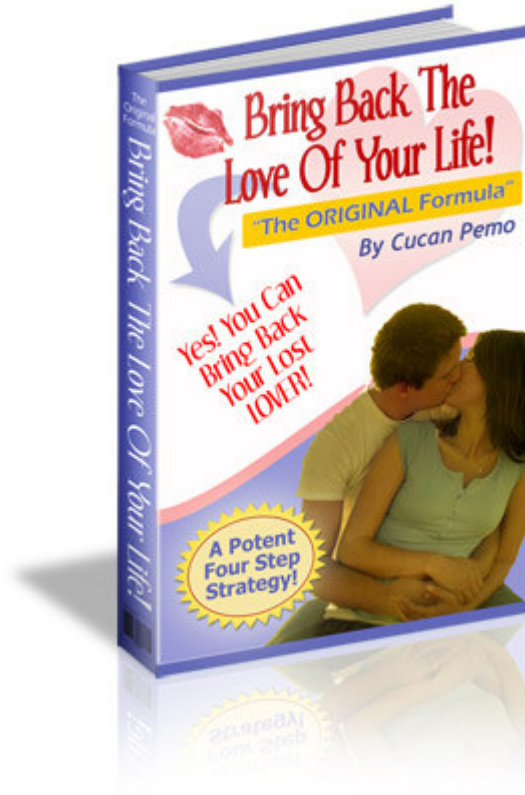
### **Don't try to change your man**

It is important that you stop trying to change your mate. This is one mistake that most spouses make. They think that their men will change if they keep after them. Nothing can be more counterproductive. Constant nagging only leads to revolt and rebellion. Also, stop blaming your mate for anything and everything that has gone wrong in the relationship. It will only make him fight back.

You must not sound or look dishonest when you are trying to salvage the relationship. It is essential that you have full belief in what you are doing. You should gradually make him talk of why he had starting moving away from you. Once again, you don't have to push him into talking about his misgivings. You should create a situation where he wants to confess, where he wants to release the pent up feelings. This can have magical affect on your relationship. Suddenly, the ghosts that had bedeviled your relationship will be exorcised.

There will be trust again, and mutual faith. Try not to loose it again.

## AWESOME RESOURCES

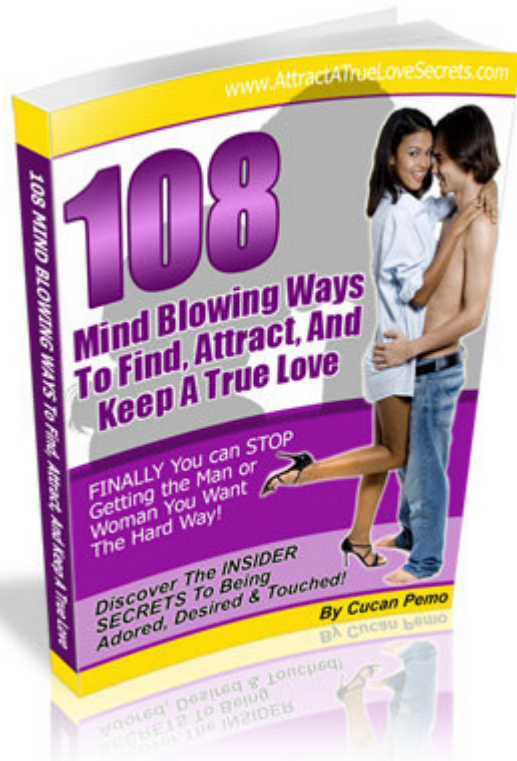


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## **Rave Reviews!**

### ***"A Special Message of THANKS to You"***

MY STORY AND HOW YOU HAVE ALLOWED ME TO RECONNECT WITH MY SOUL ...

I STILL HAVE A LONG WAY TO GO BUT I WANT TO SAY TO YOU:

"THANK YOU CUCAN, YOU ARE A BEAUTIFUL PERSON AND

I AM NOW ON THE WAY TO LOVING MYSELF AGAIN

AND TRANSFORMING MY LIFE TO WHAT I WANT IT TO BE."

Thank you so much. You have such a beautiful soul and the Universe will never again cease to amaze me... I will forever be indebted to you for the wisdom you have spread to me and so many other people in need.

You are an angel also." Isn't the Universe amazing?

~ **Dr. W.N.**

### ***"This is SO Freakingly Simple!"***

Hi Cucan! After almost destroying a precious relationship with the woman of my dreams---I exhaustedly crawled over to the computer and Googled "relationship restoration".Immediately, I bought your book, and read it completely, on the spot...Now I have a simple way to cure the problem, thereby attracting her back! I know it is not easy, but it is SIMPLE!

Thank you for going ahead with the project.

~ **D.F.**

### ***"...The Best Ever!"***

Mam, Hi! Let me begin by telling you that your Bringing Back the Love of Your Life book is the best ever.

I just know it will work out with my wife and I.

~ **M.F.**

### ***"It Changed My Life!..."***

Thank you so much for all you have done for me.

Your E-book has changed my life. I missed a couple of your free downloads.

The one I am most interested in is \_\_ \_\_ (Secret Bonus Title Withheld).

I can not thank you enough for all you have done for me!

Thank You!

~ **C.M.**

***"You are an Absolute Gem!"***

I have read your " 4 steps" ebook what a revelation and such common sense  
...you are an absolute gem! I have been alone for so long now  
I really hope that I have found someone to laugh with and enjoy life.  
I just need to "separate" and follow your wisdom  
Strength is mine  
~ **Anne**

***"Thank You!"***

I just have to thank you Cucan. The more i read this ebook,  
the more everything makes sense.  
It's like everything is starting to fall into place. So thank you.  
~ **S.X.**

***"WOW...boy...Your Strategies Work!"***

I just wanted to take a moment and personally thank you.  
What a difference your books made not only in my personal life,  
but my love life as well. Yes, I did win him back. Yes, I am a more  
whole and complete person! Wow, our relationship is wonderful,  
he's wonderful, and me....I'm just thankful.  
Thanks again,  
~ **Debra**

***"What an Impact!!!"***

I can't even begin to tell you how much of an impact  
the information on your web site has given me!! I now have  
a much clearer picture of what my part of the "inner workings" of  
my relationship with my husband is now and where it comes  
from... I'm currently pursuing my Associates degree in Communication.  
My goal is to someday be a motivational speaker/writer and/or  
"life coach" ...relationship coach!! You've inspired me to keep  
working in pursuit of my goal more than you know !!  
~ **T. J.**

***"It has PERMANENTLY changed my Life!"***

I wanted to give you an update to my situation and thank you.  
Your advice does work very well. I can not express my gratitude for you  
taking time out of your crazy schedule to help others.

I have been religiously studying and practicing your information now for about 4 months now and ***it has permanently changed my life!*** I just ordered the \_\_\_ \_\_\_ and the \_\_\_ \_\_\_ (two secret resources Cucan personally used and revealed in the private member's vault) and will pursue that to the fullest and have fun with it all during. My girlfriend of 2 1/2 years and I broke up 5 months ago and it was devastating. With your advice I creatively got her attention after being broke up for about 4 months, and we were able to meet for dinner. This is amazing seeing as how I was ready to give up on life and down in the dumps only a half year ago.  
***thanks soooooo much!!***

***~ J.H.***

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