

THE RULES FOR GIRLS



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*But let there be spaces in your togetherness
And let the winds of the heavens dance between you
Love one another but make not a bond of love
Give your hearts but not into each other's keeping
For only the hand of life can contain your hearts*

Kahlil Gibran

LOVE TIPS

- Be yourself
- Spoil your man
- Don't play games
- Arrange a romantic meal with candles
- Send him a card
- Put a sweet note in his lunchbox
- If you like him, phone him
- Pay your own way
- Have sex on the first date
- Never say no to sex
- Spice up your sex life
- Move in with him
- Pray for your man
- Surprise him with a romantic weekend away
- Have a baby to save the marriage
- Persuade him to go to couples counselling
- Tell him how you feel
- Write him a letter
- Ask him what he needs
- It's all about communication



Much of the relationship advice you read or hear is well-meaning, but not useful at all. If what you have been doing has not worked to get you the love you want, you need to rethink everything you thought you knew about love and romance.

I'm sorry, girlfriend, what follows may sound like childish games; demeaning and old-fashioned, especially if you are an emancipated woman. But the truth is that John Gray (*Men Are from Mars and Women Are from Venus*) and Sherry Argov (*Why Men Love Bitches*) have been right all along.

What follows is strictly confidential – **FOR YOUR EYES ONLY!** If you show it to him or discuss it with him, you will lose the power you can have by understanding and practicing your crash course in MALE PSYCHOLOGY. When I mentioned this phrase to my partner once he commented: "Male psychology is an oxymoron like German humour or military music – it doesn't really exist!"

The real reason why a man does what he does is the same reason a dog licks his balls.... It's because he can!

The rules are really simple. They have not changed that much in the last 200 million years, mainly because men (bless their souls) have not changed that much in the last 200 million years.

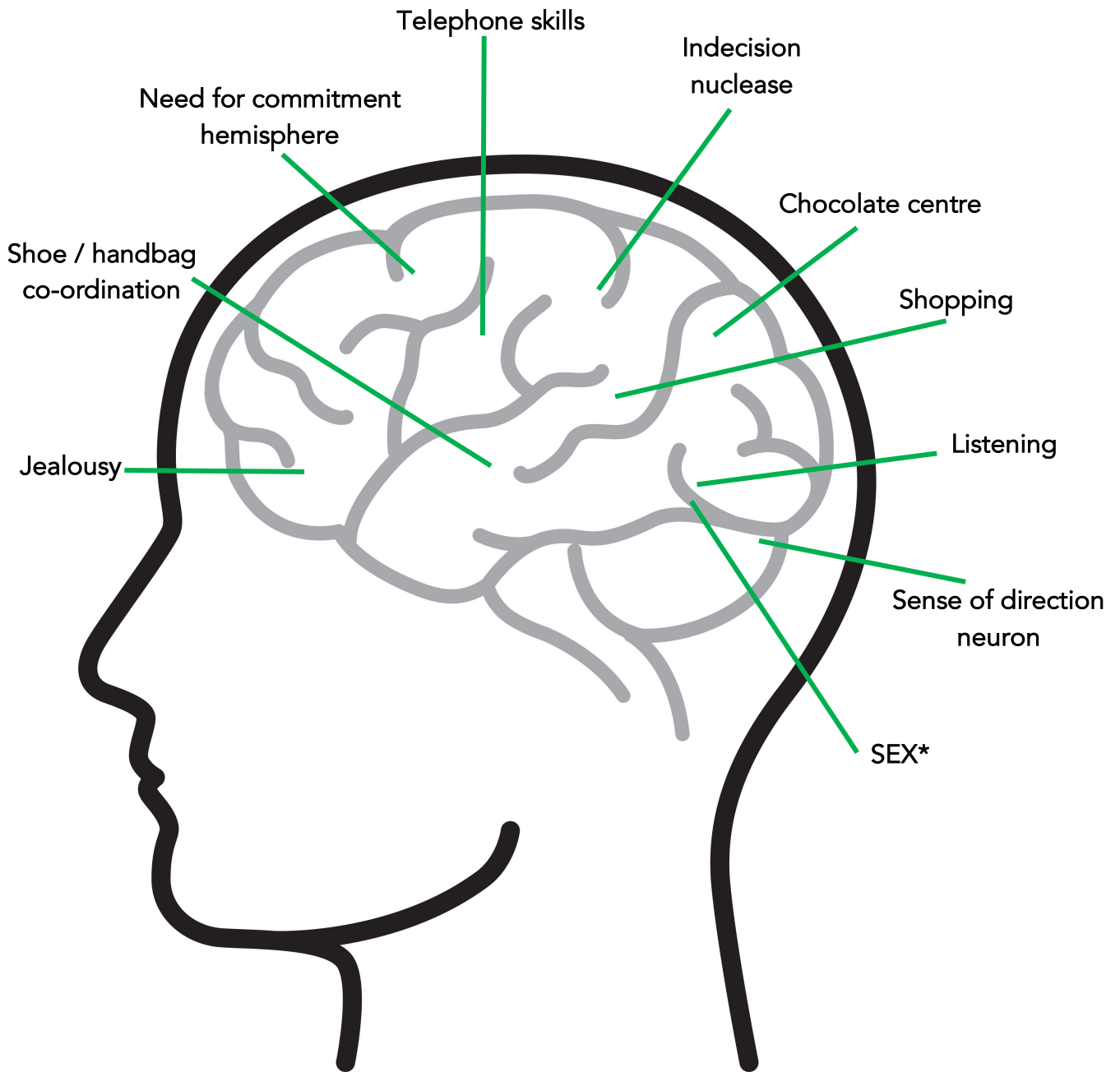
The Facts of Life

The same hormones that make him look different from you on the outside, cause him to be different from you on the inside. Adult males produce twenty to thirty times more testosterone (the compete, hunt, fight and f*ck them over hormone), than women do. As soon as he solves a problem or achieves a goal (for example when he feels he has conquered a woman and he can too easily get what he wants), his testosterone levels drop, and he loses interest, motivation and passion.

Women are motivated by the love bonding hormone, oxytocin (the tend, befriend and cuddle hormone). When a woman feels neglected her oxytocin levels drop, and she loses confidence, and she feels sad, anxious and angry. She increases her nurturing and caregiving behaviour, trying to restore the attachment she has lost. This causes a man's testosterone levels to drop even further and Dr Jekyll turns into Mr Hyde!

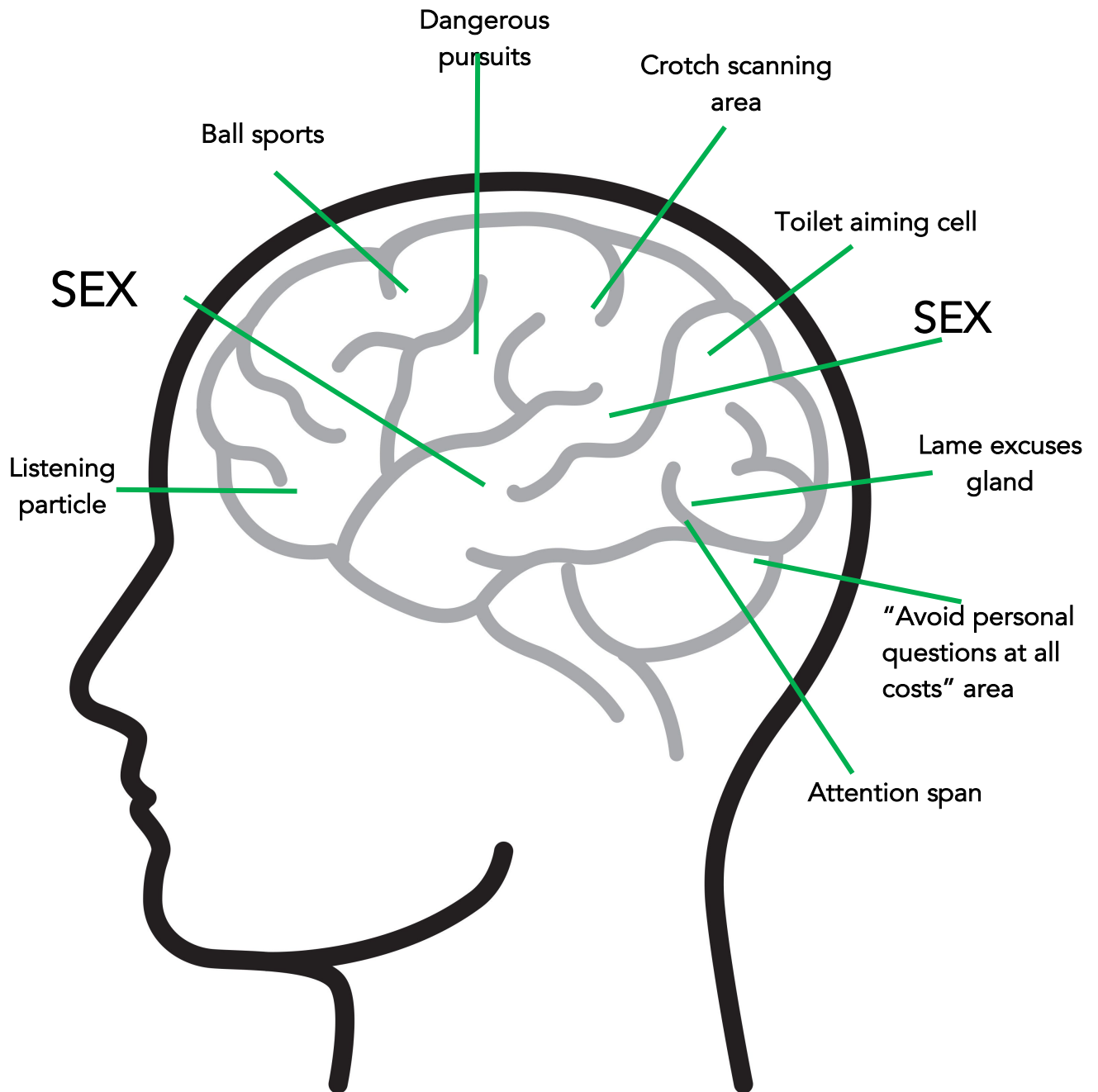
Whereas women crave bonding, intimacy and commitment, all males are driven by aggression. This means they are born to respond to competition. They thrive on challenge. They are excited by uncertainty. They are in love with the chase. Even if he is in touch with his feminine side, please believe me, he is still not your best friend or your mother!

THE FEMALE BRAIN



*Note how closely connected the sex cell is to the listening gland.

THE MALE BRAIN



Footnote: The "Listening to children cry in the middle of the night" gland is not shown due to its small and underdeveloped nature. Best viewed under a microscope.

At the start of a relationship a man will be excited and motivated by the challenge of winning a woman's affection. He behaves like a prince as the challenge stimulates the production of testosterone. He feels pumped up and attracted to his partner. When the challenge in the relationship decreases, his testosterone levels decrease. The prince turns back into a frog at home as he turns to work and activities outside the home for stimulation, excitement and success. His loss of passion occurs on a biological level as he shifts from being enraptured by the relationship to refocusing on work and other activities.

A woman becomes stressed out when she does not take time to do those things that will increase her oxytocin levels. To handle stress efficiently, she must integrate into her day a variety of oxytocin-producing experiences. She must cultivate a mindset and a support system of work friends and family who can support her. Without this she will expect too much from her partner. This sets him up to fail and further reduces his testosterone levels. He becomes even more switched off and irritable. The frog may turn into a pig (Irritable Male Syndrome). Challenge and the anticipation of success increases his testosterone levels. The right level is what matters – not too high and not too low.

THE RULES

1. If You Want to Be Treated Like the Queen of The Universe, Behave Like the Queen of the Universe

It all comes down to this: never bend over backwards for a man, because romance for him means connecting to his own manliness – the hero in him – by having to impress you to gain your favour. Self-respect is a one-punch knockout for a man. When you are confident enough to wield your power and you show that you are not fearful of losing him, he becomes fearful of losing you.

A quality man wants a partner who is competent and multidimensional. Someone who can handle things when he is not around, who don't show insecurity, neediness or jealousy.

Think again: Why is it that the men you adore don't really want you while the ones you don't really care for are crazy about you? Of course, it's hard to follow the rules if you are crazy about him. It requires patience, effort, self-restraint and emotional maturity.

He is not going to make you feel like a woman if you don't already feel like one. This means you have to take care of your own heart and your own inner child. It's a romantic relationship, not an adoption! Don't make excuses for inexcusable behaviour.

For example, “Ag, shame, he had a terrible childhood or a horrible ex-wife”. You are not his therapist or his mother. When a woman is trying too hard, a man will test to see how hard she is willing to work for it. He will start throwing relationship frisbees just to see how hard she will run and how high she will jump. In romance, there is nothing more attractive to a man than a woman who has dignity and pride in who she is.

He doesn't want to be married to a helpless little girl whom he has to take care of. He doesn't want to feel that he is just filling a position – then he feels your interest in marriage has nothing to do with him. Men admire women who want to elevate themselves and pull themselves up by their own bootstraps and fear women who are social climbers at his expense.

When he sees you are focused on your own dreams and elevating yourself, he feels safer with you because he doesn't worry about what you will be trying to take away from him. The question he asks is: “Does she like me for who I am? Or for what I can provide?”

There is no such thing as “a little bit” of disrespect, because when a man sees that you will accept a little it entices him to even greater audacity. The fastest way to become despondent is to let someone push you around because when you come out of the fog, you will hate yourself for allowing it.

A man may pull back, forget to call, drink too much or look at another woman – he is evaluating your response and expecting an involuntary reflex caused by a lack of emotional self-control. The second he sees supercharged emotions that he thinks are disproportionate to the perceived snub you get categorized as a woman who can't be taken too seriously, and he will know how much power he has over you. Whereas women see no logic in purposefully pissing someone off, men see testing as a tool to figure out where they stand.



When a woman reacts emotionally, he gets three things: attention, control and a feeling of importance. Let him have the remote control to the TV but take back the remote control to your emotions. He will probe around the edges of your “nice girl” façade to see what your backbone is like. He wants to see if you recognize when he behaves poorly.

The most desirable characteristic a man looks for in a wife: you are whole within yourself and you don't need him to validate your self-worth. Men actually like rules and they like guidelines. If there is something you don't like, he will respect you for voicing it.

It's a huge turn-on when a man is with a woman who behaves in a way that shows she has a full life and that if he wants to be in her world, he will have to integrate himself into her life. There is nothing more interesting to a man than a woman who is distracted or not focused on him. He rolls out the red carpet when you don't need him to. Men pick up on how much you need them, and they instantly feel pressured and back off. The pressure is lifted when you become passionate about your life. Don't give yourself away and stay focused on pursuing your dreams. The number one cause of heartbreak in relationships is an imbalance in dependence or independence. Don't get angry! Get even.

Every man knows he can have woman who is simply satisfied with pleasing him, but he is much more turned on by a woman who cares about her own pleasure as well. When a man likes you, he will be interested in finding out what you like. If he makes you happy, he feels more secure. Everything men do is intended to impress women – whether it's going to the moon, becoming a rock star or driving a nice car. The Taj Mahal was built for a woman. The toys, the homes, the power suits... it's all designed to impress a woman. BE THAT WOMAN!

It's a myth that you have to be whatever he wants you to be. This is one of the key differences between a nice girl and an irresistible bitch: The nice girl approaches a relationship like she has joined a cult. When you see a man, who is madly in love with his wife, usually she is a woman with a mind of her own. She doesn't suffer fools gladly. The lights are on... and the bitch is home.

If he knows you are quality, he will mind his P's and Q's and show you his finer qualities in order to keep your interest. Imagine your need for love to be a well that needs to be filled - a man can only fill about 10%. The rest of the well is your responsibility to fill. When a woman is already almost full, a man is naturally highly motivated to bring her to the top. On the other hand, if the well is empty and he provides his 10%, she is still almost empty. Instead of looking to a man to fulfil most of your needs, you must adjust your expectations.

When you go from feeling good to feeling great by the little things he does for you and you give him full credit, he feels great as well. Do things to fill up your love tank on your own:

- Get a regular massage, manicure or facial
- Go out with your girlfriends
- Meditate, take a yoga class or dancing class
- Work with a personal trainer
- Lose weight and get more domestic help
- Plant roses and buy yourself flowers
- Read a good book or attend a writing or art course
- Hire a good handyman and get a really good babysitter
- Go to the theatre, concerts or dance performances
- Join a club, change your hair colour or write poetry
- Attend inspirational, spiritual or religious meetings
- Learn to play golf, tennis or a musical instrument
- Learn to say no and grow healthy boundaries
- Stop doing and giving too much
- Do whatever you need to do to love your life

Men don't really value the nurturing and caregiving things a woman does for them, because they are conditioned to assess the value of work in terms of what you can get paid for it – in their eyes, a person's worth is reflected in how much they earn – housework, nursing and taking care of children are not valued in the market place. Think twice about giving up your financial independence.

2. Let Him Be the Hunter

Even if he is your husband, never mention the word "marriage". Trust in the natural order of things: Man pursues woman. If you want him to be obsessed with you, make yourself UNATTAINABLE. Men lose interest in the game once they know what the score is going to be. In other words, don't give him unconditional love. Make him work for it. When the hunter becomes the hunted, he becomes complacent, arrogant or even nasty. Keep thinking: "How would I behave if I were not that interested in him?" And then behave that way. If you can take or leave a man, he will have to have you. The more a man has to fight and struggle for something, the more he thinks it's worth. If you give him anything for nothing, he will think it's worth nothing. If you want to live happily ever after, remain hard to get and hard to keep forever.

Remember the 10%-90% rule. Expecting too much is the killer of romance. Keep it light and give love wings to fly. Don't try to make anything happen or make it work.

Don't argue, persuade, seduce or force.
Don't baby smother or spoil.
Don't over-feed or over-pamper.
Don't over-reassure.

Come on girl, it's actually just human nature. Even though you are driven by the bond and cuddle hormone, even YOU are not turned on by a person who is pathetic, weak and all over you like a cheap suit.

If a man suspects you need a relationship just to feel whole, he feels he is just filling a position. When a man doesn't call, a bunch of scenarios will run through a woman's mind. Similarly, his imagination will run wild when he doesn't hear from you.

When a man is coming late or doesn't call, he is in control. He may act like a beer-drinking pig and damn proud of it. Why? Because when he knows someone is waiting, worried and upset, he feels cared about. It's the same feeling you get when he sends roses. If he comes home and you aren't even there for his grand entrance, it's no fun anymore. Then he will begin to wonder where you are instead. Once you start doing what he was doing, suddenly the bad behaviour will magically disappear. If he gets any inkling that you are willing to follow him around like a puppy, his next move will be to see if you will work for it like a puppy jumping for a biscuit. You have to let him know that your middle name is not Sparky. That said, he should feel desired, valued, appreciated and adored – just not after he behaves badly. Otherwise you will create a monster.

The best way to set limits with a man when he is testing you is by controlling the ebb and flow of your attention. An emotional reaction is always a reward even if it's negative attention. If he comes home after a rough day at the office, he won't say: "Darling, I need attention." Instead, he may get into a verbal skirmish with you and he gets the feeling of satisfaction after you kiss and make up. This encourages him to use you as an emotional punching bag. If you say, "Okay, I can see you had a crummy day, I'm going to let you wind down and I will be back in an hour" and then split and stay away two hours, you will have his full respect. Why? He will be thinking: "That was smooth – she saw it coming and read me like an open book. I guess being a jerk will get me replaced." Men respect anything that they have to invest effort into. Don't be a pushover. If you want him to stay, give him the vibe that he is free to go.

"Are we exclusive?"

"What's wrong?"

"You seem distant."

"We need to talk about us."

"Are you mad at me?"

"Is everything okay?"

You want HIM to ask these questions of YOU. When you don't become needy, he will become fixated on why you are not fixated. Do the opposite of what he expects. Stay on the go. Stay busy with your own life. Come on, you know when you should NOT pick up the phone. If he calls tell him, you will call him back. Don't be available at the last minute or seem ready to go. Anytime he wants your time, he will wonder why you are holding back and realize that it takes more to impress you. If you don't do all the heavy lifting in the relationship, it becomes a relationship of value to him. He will step up his game and revert to his original strategy of pursuing you.

DON'T SEDUCE HIM! He wants to feel he does the conquering. NOT YOU. You are dealing with a red-blooded hunting creature that prides himself in his ability to conquer (if it were legal, mean would have their ex conquests' heads mounted on the wall). No matter what he says, he secretly wants you to give him some resistance. If you just give him the ball and an empty field, all the stimulation is taken out of the relationship.

DON'T OVER-USE THE L-WORD! Don't use new age words like "we", "us", "ours", "destiny", "soulmate", "intimacy", "connection", "commitment", "communication" or anything with a "togetherness" feeling. Let HIM be the one to use those words. Don't ever hand him your commitment on a silver platter – rather dish it out spoon by spoon, as and when he earns it.

3. Keep Him Hungry for More

If you want a marriage made in heaven, keep him a little insecure and even slightly jealous by doing your own thing. Whether you are married or not, don't ever mention the word "marriage"! (Yes, I know I have said it before.) If he feels trapped, he will treat you badly. Don't try to keep a relationship going after it's sell-by date.

Be different. Sometimes aloof, sometimes nice. But always happy and busy.

Turn him down every once in a while, but nicely.

Make self-contentment and independence an art form.

Always look your best. The better you look, the better you will feel about yourself, and the more desirable you will become to him. It's not about being a perfect body, do the best with what you have. If other men find you attractive you will no longer feel the man you are with is the only man on earth. You will be less anxious and more confident.

Just like gold, anything is seen as precious if it is in short supply and if other men seem to want it, the value increases. Remember the heart of romance is desire. If a man owns you, he can't desire you. If you wear sleepwear, wear something silky that looks like you would wear it for yourself when he is not around. Don't change your tampon, use the toilet, fart or burp in his presence. Be an elusive butterfly, a creature unlike any other.

If you don't feel it, fake it till you make it (or get yourself into therapy). Act as if you were born happy. If you can't say anything nice, don't say anything at all. Don't tell him your troubles, don't gossip about other people or complain about your life – that's female bonding behaviour – so save it for your girlfriends!

End the date, conversation or connection first. Always leave him slightly dissatisfied as opposed to over-reassured, complacent and bored. To a man, a relationship without sex represents a relationship with no love, no affection and no emotional connection. The frequency of sex can become an issue. The way to avert this is to keep him surprised sexually, then he gets physical and mental stimulation and is a little of balance.

The way to a man's heart is not through his stomach... it's through his boxer shorts. But, always preserve the mystery. Keep the sex sporadic and unpredictable – it makes it much more intense for a man. Instead of the predictable titbits on Thursdays or the all you can eat buffet – if you grope him in the hallway on Tuesday or surprise him with a quicky in the laundry room on Friday, the memories will be burned into his mind. Then, the mental foreplay is ongoing 24/7 even though you are still having sex only twice a week.

After sex, don't go stupid. Cool your jets. Make him treat you with respect. If you maintain a bit of privacy and he has to wonder a little where you are, you are stimulating his imagination. Switch your cell phone off sometimes.

NOTICE: It doesn't matter how busy he is – if he wants to reach you, he will find time to call. The second he can't get hold of you he will send out an "all-points bulletin" to find you. Men are intrigued by anything they can't completely control. When you don't chase him, he will come looking for his girl. The magic formula is to give a little, and then pull back. Give a little... pull back. It's a little like the schoolyard game of tag and you are "it". If you stand there, he will stop chasing you, but if you keep moving, he will keep chasing after you.

Even when you are married, it charges up his batteries whenever he can't have full access to you. When Dolly Parton was asked the secret of her happy marriage, she said she just packs her bags when her husband gets complacent.

“That’s my secret, honey... I just stay gone.” (The only times you ever pack his bags for him, is when he suggests a threesome!)

Men always want what they cannot have. Don’t be cheap, don’t be easy. This does not mean you have to have a rotation of other men in your life. It means he has to “win” time from your other interests and all the little things you like doing. The second you put your life on hold, you become less interesting. Avoid behaving in such a way that he can predict your whereabouts at all times. Men read a lot into where you’ve been by how dolled up you are when you get home. If you are dolled up and you were not with him, it will keep him wondering a little. Add to the equation that he knows when he has been neglectful, so he will worry that you might want outside attention.

Men love knowing that there is a small part of you that they can’t get to. Being unobtainable or independent is not just about physical distance or proximity, it has to do with how much of your mind space he has access to. You can be living separately and be totally readable, or you might be right in the next room and be very mysterious. There is nothing more prized to a man than something he had to wait for, work for or struggle a bit to get.

Continue to be very sweet and always seem slightly unsure how he fits into your future. Don’t try to squeeze yourself into his life. The minute you want to clarify where you stand with him, you have lost your power, because what you have just told him is that the terms of the relationship are HIS to dictate. The objective is not to be standoffish or nasty, just low-key. When you don’t step into the role of girlfriend or wife, he lowers his guard and pursues you. The reason for this is that men are programmed to protect their freedom. The minute you appear to want to lock him down, he will battle to fight for his freedom.

4. Don’t Tell Him What to Do

Don’t try to change his life in any way. Men do what they want to do, and they never really change. You should either accept certain flaws or find someone else. If he would rather be with his friends or play on his computer than be with you, either let him, or leave him. But don’t tell him what to do. Don’t give him good advice, even if you know better and even if he asks for it. You don’t own him. You can’t fix him.

Don’t remind, nag or accuse. Don’t cry, complain, confront, control or criticize. Don’t tell him how to drive. He wants someone who makes him feel good or better, not inadequate.

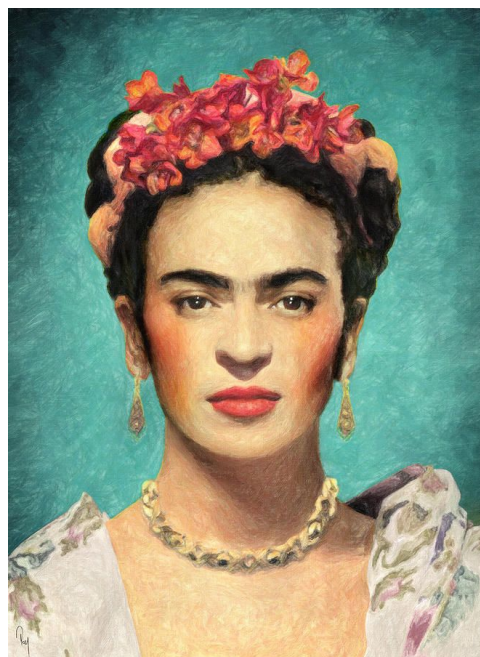
Men want to be recognized by a woman they admire; they don't want to be idolized or controlled by an underling. They want to feel fortunate to be with a woman they respect. If you love him, set him free. Allow him to be who he wants to be. Remember, a romantic relationship is a pleasure bond based on free will. Don't make him wrong, recognize his values, support his dreams. Give him the praise he deserves. A man's favourite word is "appreciate". He wants more than anything to feel respected, revered and valued by a woman. When you are appreciative it motivates him to give you more.

When he gives you something, always acknowledge the kindness behind the gesture, not the material item itself. Don't tell him that you are not materialistic or that you don't want his money. Men are programmed to show their love and prove their worth by their ability to provide material things. Just like women can't get too many compliments, a man can't get too much appreciation for his contribution.

Take responsibility for your own feelings and your own worth. Don't expect him to change. You can't force a man to love you more than he can or chooses to, especially not by trying to prove what a "good girl" or "good wife" you are. Don't try to be Mary Poppins or tell him how loyal and trustworthy you are. Don't be Mother Theresa; "I love charity work, stray cats, orphans and old people". Don't say "I would never lie in a relationship". Don't say: "I stick to the vows I made before god till death us do part" this sounds like a death sentence and spells the death of romance to him no pressure, no expectations, no demands.

If you really must discuss something, remember the key words men like:

- Logical
- Sensible
- Practical
- Strategic
- Analytical
- Reasonable
- Normal
- Fair



To encourage the right behaviour, state what you want and then give him the solution. Show him how he can be your hero. Remember this magic phrase: "I don't want you to feel any pressure." Men are constantly fielding demands to do things out of obligation, pressure and commitment to work. The last thing he needs is a lover who gives him more of the same and you would much rather be his lover than his boss. Tactfully show him what you want during sex... or forever hold your peace.

Don't hold a postgame review with a laser pointer in your hand and a huge chalkboard on the wall like the guy is retarded: "This is your position X... here is the hopeful O, that's men. When I call the play, your objective will be to run, find the hole and focus on the G-spot." The quarterback will crush you!

This rule does not apply only to sex. When a woman makes a man feel he is trusted, it makes him feel strong and worthy. It makes him want to be honourable and do the right thing. Just like you want to feel secure, he wants to feel trusted. It makes him feel comfortable and soothed. It makes him feel like he doesn't want to break the trust. The second you shift into expecting a call or getting pissed when he doesn't call you, that's when he will start to dodge you. (NOTE: If you really CAN'T trust him, go to rule no 7!)

A man's need to be alone (or off hunting with his band of brothers) and a woman's need for time together, are rooted in our biological makeup. A man needs his cave time to replenish his testosterone levels (which are low at the end of the day).

Just as a woman need more time to talk, share and cooperate with a man, he needs more time to recover from his stresses, by having plenty of space to do things on his own (so, hand him the TV remote!). If he says you don't respect him, he probably has a valid point.

Value his opinion and respect his values. Tell him how smart he is. If you make everything his brilliant idea, he feels like a winner. Remember: no pressure, no expectations, no demands. To a woman, this seems like torture or a cruel circus trick. But for a man, this is relationship Utopia and a wet dream come true. Suddenly, he can relax and enjoy himself. Finally, he can get close to a woman without her locking him down and you are that dream woman. Now he is a warrior without a battle plan and no reason to swing his axe against you.

Deep down, men want to be chivalrous. They want to have a woman they can cherish and do everything for. But, just like a woman's instinct is to please, a man's instinct is to pursue. You can't wrestle a man down like a wrangler at a rodeo and hog-tie him like a calf. Let him hook himself. All you have to do is be feminine, soft, charming and enjoyable to be around. Then toss him the rope.

The pressure becomes unbearable for a man when a woman is overrun by obsession with the relationship and when her whole worldview boils down to him. If you want him to do more around the house, give him a project instead of a routine. A project with a definite end point or solution will give him extra energy, particularly if your tone of voice indicates that you will appreciate the result of his actions. But do remember that the way he does a domestic chore or looks after the children will never be the same as when you do it.

As women worship love, men worship fairness – make lots of little “fair deals” with him about chores and responsibilities: “If I cook your favourite curry tonight, would you be so kind as to...?” Don’t do too much while hoping he will notice how much you are doing and offer to help. A man responds to this scenario by assuming that he must be doing enough already – or that you are aware of it and letting him get away with it.

The result is that he loses respect for you. Most men are not equipped to be the domestic / communicative / romantic partners women fantasize about. If a man were to yield to the pressure of a woman’s unrealistic expectations, he would become domesticated, but within a few years all the romance and passion would be gone.

5. Don’t Tell Him What He Doesn’t Need to Know

Don’t talk too much. Develop the art of listening. Be quite and mysterious. Keep him guessing. You don’t have to answer every question, cultivate the art of evasive responses. Don’t react before you really understand what is going on. Don’t shoot from the hip, rather tell him you want to think about it and will come back to him later.

Act ladylike. Say: “Oh, is that how you think about it?” Then cross your legs and smile. Don’t call him first. Don’t answer every call, and always end the call first. Don’t write him a letter. Don’t discuss your problems with him, unless you really want his help or advice. He is not your mother, your therapist or your saviour. Nor is he one of your children.

Don’t act like a man, even if you own your own company. Don’t be loud, knee-slapping, hysterically funny or drunk. Let him open the door for you. Wear black sheer stockings and hike up your skirt. Don’t take it too far though, if you show too much skin, he will assume you don’t have anything else going for you. Men like to be curious. They like to feel that there is more to the story than they already know. Men don’t want a woman who is perfect, they want a woman who is interesting. A man wants to know what your backbone is like. He wants to see how alert and smart you are.

He wants to see if you recognize when he behaves poorly. He may try to get attention by provoking you. He will always push the envelope to see how much he can get away with. He is testing you to see if you believe in yourself. He wants to know who is at the controls. When you are not easily shaken, he sees "This one can't be manipulated." When you are upset, he knows you care, and he knows he is in control.

He may test you by pulling back. He may come late and forget to call. He may look at another woman. He may say something off-colour.

A man relies on the fact that most women are emotional and that he will be able to push your emotional buttons, once he finds out where they are. When he can't, he will often crumble and become the more vulnerable one in the relationship. To a man, it is totally inappropriate to be emotional when talking about something important. When you speak calmly, he assumes it's much more important. The first thing he will hear is your tone of voice and only then will he give clout or credibility to the content of what you are saying. When your voice is supercharged with emotion, he will assume that even you don't know what's wrong. Then he will hit the mute button and tune you out. This means "she is under my thumb, I can do whatever I want, she will still be there."

The more rational and calm you remain, the more emotional he will become. If you really want to be heard... whisper. If you really have to address an issue, be direct. Use reasoning and keep your emotions measured. Pick your battles wisely. The way to avert a fight is to call him out in one sentence or less. When you drop hints or beat around the bush, he infers that you don't feel comfortable enough with yourself to speak your mind. When you state your case in two sentences and then drop it, it demonstrates confidence. He will conclude: "If I try that again, it will get me replaced." Men rarely pay attention to a women's flaws until she points them out to him. They find the female form beautiful and they are admiring what is right.

Even if you worry about whether you need a boob job or whether he can see the cellulite on your left butt cheek, don't mention it to him. All he really wants is a woman who is natural in bed and who genuinely enjoys sex with him, not crying in your beer about how the ex did you wrong. Don't say he was a jerk, that he drove too fast or that he spent all your money. All that does is reduce your worth in his eyes. Leave the "poor me" stories out of the conversation.

Men love it when they are curious, and they wonder and get all jazzed up about a woman and you should not deny him such a jazzy good time. Don't tell him about your therapy sessions, your antidepressant drugs or your childhood issues. And leave out the one about the bladder-control support group. Your resistance to the biological differences between women and men is at the root of most of your relationship problems.

When a man is stressed, he tends to shift gears, disengage and forget his problems. A woman who is stressed is compelled to connect, ask questions and share problems. When he needs time alone or doesn't want to talk about his problems, it doesn't mean he doesn't care. Leaving a man alone and ignoring him is sometimes the best way to support him.

Men are naturally motivated to communicate in ways that will lower stress in them. They have no idea that this same style of communication will increase stress in a woman. To release stress, a man either tends to solve the problem, or dismiss it in some way. A woman looks for a warmer, more supportive response than what a man will usually come up with.

"Don't worry about it." "This is what you should do." "Just let go." "It's not that important." "That's not what happened." "Don't get upset about it." "You don't have to do that." "Just do what you want to do." "It's not such a big deal." "You shouldn't feel that way."

On Venus, these comments are dismissive, condescending and insulting. But on Mars, they are supportive.

6. Don't Discuss the Rules with Him

Silence is golden. Don't think out loud in his presence. Don't speak before you think. Don't be an open book. Don't wear your heart on your sleeve. Don't talk about the relationship. I am serious!

If you tell him everything you think and feel, there is no more mystery. If you are afraid that you will lose his love if you follow these rules, think again: how is it that HE behaves in this way, and you are still crazy about him?

Never say: "Honey, we need to talk." He will run for the hills like a hurricane warning. Let him figure out what the rules are to make you happy. If there is no more challenge, there is no more excitement. Romance can only flourish where there is uncertainty. If you are totally predictable and transparent, you are boring. Don't talk the relationship to death. Actions speak louder than words, anyway. For a man, the words "respect" and "trust" are interchangeable. If he doesn't respect you, he will not trust you. And without trust, he will always keep you at arm's length.

He may verbally roughhouse with you as a way of telling you he sees you as his equal, and he is looking to see if you are able to stand up for yourself without falling apart. If you can give it right back, he will see you as a trusted partner. If you lose your cool, he sees your neediness as weakness, and to a man, vulnerability is hell.

Whenever you sense you are being pulled in, remember: "Never wrestle with a pig – if you do you will both get filthy. The only difference is, the pig will love it." When you don't give him a negative reaction, he can't give you the "crazy bitch" label. This gives him an out and he never has to examine his own behaviour or correct it. You have to identify what is happening before you learn how to respond. The important question is: should you stand up for yourself verbally, or nonverbally? (Come on, girlfriend! This is a no-brainer.)

To avoid playing into his hands, you have to communicate with your actions and not your words. Men hear what they see. Sometimes the best way to throw a punch is to take a step back. When you are easily manipulated, he will assume he doesn't have to give as much in the way of commitment in order to keep you there. If, on the other hand, you don't become unhinged and respond with a level head, he will see it as a sign of strength. His trust and respect will deepen, and he will shift gears, because he will realize he is dealing with an equal. Monkey see, monkey do. This will keep the relationship equal and balanced.

Always ask happy questions like: "Hi sweetie, how was your day?" or "How are you?" This says: "Tell me something good, sugar pants!"

Avoid asking questions that sound like a bounty hunter closing in on a fugitive: "Where did you go when you left work?" "Why didn't you call me? I was worried." "Why was your cell phone off?" This says: "Tell me something bad, you dirty, rotting, lying SOB."

Don't make him feel that your expectations are his obligations. His guard will go up and you will be denied access to his heart. Men want love and exclusivity as much as women do, but he won't go there if it's expected or thrust upon him or if he feels he has no choice in the matter. The emphasis should not be on how you can trust him, instead your aura should say: "I believe in me." That breaks down in the old male hard wiring as: "She is secure within herself and knows how to handle a relationship."

Keep him wondering what you want, how to please you and how to win you over. If he gets the feeling that you are forcing him into the "boyfriend slot" or the "husband position", it is about as desirable as stepping into an open bear trap. A man in a relationship is like a kid with a jigsaw puzzle. If the puzzle is already put together, all the fun and excitement are gone. If he has to think, imagine, strategize and put all the little pieces together, his mind is stimulated. Even though he may seem confused and even angry when he doesn't totally get his way, he secretly respects it. Then he spends the rest of his time trying to figure out how to fit into your world.

What is most important to him is to feel that he is providing you with some measure of fulfilment. Instead of thinking of direct ways to support him you can actually do less and simply appreciate what he does for you. This works well because you are probably doing way too much already!

Let this sink in: By doing less, you can actually be more supportive of him. If you are happy, he feels he is making a difference. Every time you complain, make a demand, get upset or resent the fact that you are doing too much, you are giving the message that he is not a success. This is how you push his support away. Your emotional response to his actions is much more important than anything you can ever directly do for him.

When you appreciate what he already offers you, holds the key to asking for more in small, reasonable increments. When you focus on what you are not getting in the relationship, he has less to give. When you take time for yourself and you are happy, he will always take credit and feel better. When the relationship doesn't fulfil your expectations, don't lose hope, trust and optimism. Don't attempt to bring the magic back by talking about it or doing more and expecting your efforts to be reciprocated. Rather do less and focus on giving yourself what you need.

7. If the Rules Don't Work, Forget It - Then He Is Just Not That into You

You are beautiful inside and outside. He will either love you or not. Someone else will if he does not. There is enough love in the world for everyone. It's really about loving yourself and not accepting just any treatment for the sake of being in a relationship. Remember your true purpose and your place in the universe. If you accept shabby treatment, you will be despised. Losing your dignity for the sake of a relationship is NEVER worth the sacrifice. You are entitled to love and respect and appreciation. DON'T SETTLE FOR LESS.

If you don't feel enough without a man, you won't feel you are enough with one. If you do succeed in forcing intimacy or commitment onto someone who is not that into you, you will be sorry later; when he treats you badly, cheats on you or leaves you. Being single is a wonderful opportunity to find your true self and learn to find fulfilment in your own ambitions and dreams. If you focus on your own growth towards emotional and spiritual maturity, rather than on finding (or worse, creating) your soulmate, you will eventually find happiness in love.

Find your wholeness and balance by discovering your own masculine side – the hero inside of you. This is the strong and courageous part of you that will guide you, protect your interests and cherish and honour you.

Don't move in with him without a ring on your finger. Sometimes, the only way to help a man to remember that he loves you is to leave him. He may threaten or throw a tantrum and if you stand your ground, he will change his tune, court you and promise you the moon and stars.

If you recommit and change back into the woman you were before, he will change back into the pig you allowed him to be. If you leave him and he does not change his careless and disrespectful tune, forget about it and move on. If you take him back while he is still the same old pig, he will respect you even less and treat you worse than before.

Whether you are in a relationship or not, reserve the right to refuse service. If he behaves like a pig, if sex or his convenience is all he is interested in, that demonstrates that he is not concerned with who you are. That means you are better off without him. In fact, clear a path for him and make sure there is nothing in his way on the way out.

If there are too many queens in the castle, even if he swears, they are "just friends", don't phone or confront the other woman, BECOME the other woman. The one he fell for in the first place. If he sponges on you, don't let him move in with you. Don't lend him money, don't pay his way, don't finance his car, don't pay the maid and the groceries while he puts his money into accumulating assets or buying fancy toys. Don't let yourself be screwed financially, even a little bit.

If he promises to stop drinking or end his affair, actions speak louder than words. You can't build a life on promises, you can't change him, reform him, heal his hang-ups or cure him of his addictions. Listen to your gut. Your instincts are the most valuable thing you have. In a new relationship, don't give sex too early and try to do damage control: "I have never done this before, I don't usually go to bed with someone I barely know." When men hear this, they assume the opposite. To him this means: "No challenge, nothing else to work hard for." Amazing sex won't win his heart. Just because a man sleeps with you, doesn't mean he cares about you. Nor will good sex make him care about you. Playing by the rules is not about pretending to be someone else. It is better to be disliked for who you are, than to be loved for who you are not.

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