

# **The Secret Survey: What Men Desperately Want You to Know, but Will Never Tell You**

**Introduction**

**By Michael Fiore**

**[www.whyhelies.com](http://www.whyhelies.com)**

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# Introduction

I don't know when the romance ended for my parents, but I do know it was when I was really young. . .

When I close my eyes and think back, the earliest memory I have is of me lying in bed, hugging my Teddy Bear when I was five or maybe six years old. . .

I take my fingers and push them as deep as I can into my ears until I almost feel like I'm tickling my brain. I bury my head under the pillow. I hum to myself. I cry to myself. I whisper to Mortimer (my Teddy Bear) and beg him to get them to stop.

But he can't.

And no matter what I do, no matter how hard I try, my tiny little fingers can't block out the sound. The shouting vibrates through me: The anger, the frustration, the hurt.

At the time, I was too young to have any idea why my Mom and Dad were so mad at each other all the time. Why they were so **mean** to each other. Why they were so bitter.

But I knew it was like this almost every night. And I knew it just kept getting worse.

It got to the point that as soon as I would hear my dad's car pull into the garage my heart would start to pound like a jackhammer because I knew what was coming.

I'd hear Dad climb the stairs, hang his keys on the hook. I'd hear Mom banging dishes in the kitchen. And again and again they'd go to war.

And then one night it all came to a head. It must have been 11 or 12 at night. . . way past my bedtime. They'd been at it for over an hour. What were they fighting about? Who knows, but I guess I had enough.

I took Mortimer and crawled out of bed. I padded down the hallway in my Sesame Street pajamas.

The light in the kitchen felt so bright it stung my eyes and I could barely see. . . but I took a deep breath and shouted as loud as my little voice could. . .

"I'm trying to sleep, can you please be quiet!!"

And then suddenly, there was silence. Just the hum of electricity in the overhead light. Just the hard breathing of the three people in the room.

Mom and Dad looked at me, looked at each other. . . And I couldn't figure out why, but they both suddenly had tears in their eyes and horror on their faces.

Flash forward 30 years. . .

And there I am on Valentine's Day, sitting on a couch in a television studio about to be a featured guest on the *Rachael Ray Show* to teach millions of people around the world how to have more romantic, more connected lives. . .

And as the makeup guy powdered my bald skull and I looked out at the crowd, all I could think was "How did I get here?"

The answer is simple, really. That fight (that childhood full of fights) is why I do what I do. It's why I'm obsessed with helping women and men have better relationships. It's why I've spent the last 14 years digging through my own damage and rage to understand myself and to become a man who can actually open up.

I watched my parents destroy each other, not because they didn't love each other, but because they didn't **understand** each other.

And now my father is dead (a heart attack at forty-seven), and my mother is filled with regret over a lifetime of never finding the "right" guy.

I don't want you to suffer like they did. And I don't want the guys in your life to suffer either.

So turn the page and let's get to work.

My name is Michael Fiore. I'm a nationally known relationship expert. More than that, I'm a guy. And in this program, I want to do something no guy has ever done for you before.

I want to tell you the 100% unedited, unvarnished **truth** about men.

In fact, as weird as it sounds, I want to give you the superpower you've been dreaming of ever since you were a little girl playing with Barbie and Ken. I want to teach you how to read men's minds.

By the time you're done with this program, you'll know:

- Exactly what he's thinking.
- Why he dodges your questions.
- How to understand "man-speak."
- What it means when he looks at other women.
- How to give him what he secretly craves sexually and keep him faithful.
- Why Prince Charming hasn't shown up, no matter how long you've waited for him and whether you currently have a man in your life or not.
- How to be the **one woman** he meets in his entire life who really understands him, and who he'd crawl over broken glass to be with.

Basically, in this program I want to give you a Masters Degree in Men.

And I promise you right now, that if you read through everything I give you here, do the exercises and actually accept what I tell you, you'll be shocked and amazed at how quickly your relationships with men change, how much better things get, and how you suddenly start having the relationships of your dreams.

## **But before we get there I'm going to piss you off.**

See, the reason I created this program (and it's been one of the biggest challenges of my life, turning this material into the program you're reading right now) is because I was sick of all the lies.

Not the lies men tell women (I understand those and I'll explain exactly why men lie to you later in this program), but the lies the so-called "experts" tell you and that women gobble up in women's magazines.

When I first started working on this program, I made a very simple promise to myself: I promised I'd tell you the TRUTH no matter how hard it was to say and no matter how much trouble it got me in

The truth about men's emotions (yes, we have them), men's sex drives, how men think about relationships, why men do sometimes manipulate women, what it's REALLY like to be a guy.

All the stuff guys have a secret pact to never talk about.

Unfortunately, keeping that promise means that some of what I say in this program is going to hurt. It's going to fly in the face of what you WANT to be true. It's going to shock you.

## **So here's what I need you to do right now, before we get started. . .**

Wherever you're reading this (or if you're listening to the audio) I need you to take a deep breath and picture in your mind a white piece of paper. Just a regular piece of 8.5" by 11" computer paper will do.

Now imagine at the very top of that paper the words "**What I Know about Men**" written in thick, black magic marker.

Now I want you to fill the rest of that paper with everything you think you know about men. Search your mind. Fill up the whole sheet. It could be anything, good or bad:

"Men are pigs." "Men can't be faithful." "Men should always make the first move." "Men only want sex." "Men like to chase." "Men are stronger

than women.” “Men are manipulative.” “Men hide their emotions.” “Men should be willing to die for a woman.”

Get it all out on that imaginary piece of paper (or if you're feeling ambitious, get an actual piece of paper and just get it all out).

Then search your **heart** and take all the negative feelings you have about men and put those on the paper, too:

- The **bitterness** over never finding “Mr. Right.”
- The **anger** that your ex husband didn't love you the way you wanted him to.
- The **regret** that you could never get your father to open up to you before he died.

Now, again in your mind, take that piece of paper and study it. Read it. Go over every word. Focus on every emotion.

And then imagine that piece of paper in your hand. Imagine a lighter in your other hand. Imagine yourself flicking that lighter to life, the small orange flame dancing in the air.

And imagine that piece of paper with all the ideas and emotions and prejudices you have about men just **burning away**.

If you're like a lot of women who have done this exercise, you might even feel actual heat in your chest as you do this. Or you might feel tears welling up a little bit as you let go of all that hurt. Whatever your reaction, whatever you feel... it's the right thing to feel. Don't run away from it.

Once that piece of paper has completely burned (and don't worry, in your mind burning that piece of paper is completely safe and you can't be harmed by the flames yourself) look at the ashes, feel the embers in your hand, and with a deep breath just let it all go.

Do you feel excitement in your chest? Do you feel relief? A tingle on your skin?

Now imagine a new piece of paper in your mind. It's completely clean. Now imagine taking a new Sharpie (you can smell the ink) in your hand and imagine yourself writing at the top of the fresh piece of paper “The Truth About Men.”

And then turn the page. You're ready. And everything is about to change.

Best,

Mike Fiore  
Seattle, WA

P.S. I want to hear from you. If you have a comment on the *Secret Survey* program (whether it's a rave review or a criticism) I want to hear it. Send your email to [feedback@whyhelies.com](mailto:feedback@whyhelies.com). Obviously, I can't answer every email we get, but rest assured I got your message, and thank you for your help.



# Getting Started: What this Program is and How it Works

I felt drunk when the results started coming in.

Dozens of them. Hundreds.

And they were heart breakers. Not all of them. There was the “sex stuff” I was expecting. The fantasies and the carnal requests and the anger we never tell women about.

But there were also guys opening up and showing their deep feelings, guys telling the truth about what they really thought about women: what they loved, what they wanted, what pissed them off.

I felt like I had the nuclear bomb of relationship advice stuff here: Material every woman in the world would desperately want to see, but that would utterly destroy them if they actually read it without being prepared first.

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This program is called the *Secret Survey* because it's based on survey results I got from over 700 men who I asked one very simple, but very powerful question.

But it's more than that. This whole program is based on the survey I sent to men, another survey I sent to women, and a whole bunch of ideas, philosophies, and exercises that I've been slowly developing for years in my quest to help men and women around the world have better, sexier, more connected and happier relationships.

I'm a pretty well known relationship expert (I find this hilarious and at least one of my ex-girlfriends finds it horrifying).

In 2009, I created *Text Your Wife into Bed*, a program that taught men how to use text messages to create a private fantasy world with their woman and ultimately bring their fantasy relationship to life.

The program was a hit (you can hear more about it at <http://www.textyourwifeintobed.com>), and I ended up following it up with two other programs on a similar theme:

First was *Text the Romance Back* (<http://www.texttheromanceback.com>), which taught men and women how to use tiny little texts to bring romance and passion back into their relationship (or to get a new relationship going on the right foot with “digital telepathy.”)

Next, I developed *Text Your Ex Back* (<http://www.textyourexback.com>), which teaches you how to use text messages to get your ex boyfriend or girlfriend to focus on the good parts of what you had and actually be the one to ask YOU to get together to talk things out.

Now, doing those three programs back to back accomplished three things that directly led to the material you’re reading right now.

1. *Text the Romance Back* got me on national television and in the media. In a VERY short span of time I was on the *Rachael Ray Show* (as well as a bunch of other TV shows), got interviewed by a bunch of blogs, and appeared on more radio shows than was probably healthy.
2. I built two responsive and powerful email lists: one with 25,000 guys and a completely separate list with over 18,000 women.
3. I got REALLY sick of talking about texting all the time and decided my next program had to be something that didn’t require a cell phone =-)

I wanted to use my powers (and email lists) for good. I decided to send out two critically different one-question surveys to the email lists... one to the guys and one to the women.

What were the questions?

I asked the women...

**“If you had telepathy and could suddenly see into any man’s mind, what’s the one thing you would desperately want to know?”**

As you can imagine, we got a LOT of responses to this one:

*“Why do men lie?”*

*“How do I get him to open up?”*

*“How do I know if he loves me?”*

*“Are we forever?”*

*“Why does he look at other women?”*

*“Would he cheat on me?”*

*“Is he cheating on me now?”*

And hundreds and hundreds more. Questions that tickled that little part of my brain that forces me to create programs like this and made my heart ache with how badly most women understand men.

But what really got me going was the answers to the men’s survey question:

**“What is the number one thing you want your wife or girlfriend to know but would never tell her?”**

Honestly, when I sent that question out I didn’t expect many answers. Guys aren’t anywhere near as talkative as women are.

But the answers came flooding in. Actually, it was more of a stampede than a flood. And they were raw and brutal and honest and amazing. . .

The ACTUAL truth from men. The stuff guys only talk about around the poker table when we know women aren’t listening.

Over 700 answers came in by the time we stopped the survey (and I'm sure if I surveyed my list again now we'd get even more), and the results were a veritable treasure trove of insight into the male psyche and what men REALLY wanted from women.

Sitting there in my office looking at the printed up survey answers, I was both incredibly excited and devastatingly depressed.

Why?

Because while I knew the survey results I had in front of me were IMPORTANT and that there were a TON of lessons to be learned by poring over them, I also knew that just giving women the survey results would do a lot more harm than good. Most women would just focus on the sexual content of some of the answers, or the fact that some guys swore in their responses and think, "Men are pigs."

And you'd totally miss the sheer **honesty** and **vulnerability** these guys were actually sharing (even though they were hiding that honesty and vulnerability in the grunting, obtuse language of "man-speak." We'll talk about that in a minute).

## **So here's what I did and what I want you to do now...**

Rather than just giving you the raw survey results and sending you out to play in traffic, I've organized all the **big questions** women had (Why do men lie? Does he love me? What does he want in bed? Does he care how I look?) and all the **big answers** guys gave (I wish she would just give me a... It hurts me when she says these three words...) into a series of short **lessons**.

Each lesson contains:

1. **A short introductory story** that sets the tone for the lesson.
2. **The actual lesson content itself.** The "why" of the idea being presented, with answers and context provided by a mix of survey results and my own experience helping thousands of women around the world.
3. **Exercises or assignments to help you internalize the lesson** and make it feel real in your mind. Some of these assignments are written, some of them are purely mental, but they're all designed to be simple and easy for you to do now and for you to repeat whenever you find yourself feeling frustrated by men.

## Here's How You Should Use this Program:

The *Secret Survey* program is designed to be digested bite by bite, lesson by lesson so you can learn to understand men and get deeper into their minds and how they see the world as you go.

As a *Secret Survey* community member, you'll get eight distinct lessons (two per week) for a month. As each module gets released, you'll get an email telling you the content is available for you.

As each lesson is released, I recommend you download the lesson PDF and print it up. That way you'll be able to make notes in the margins and fill out the exercises for each module right there on the page and without anybody looking over your shoulder.

You'll also get the audio version of each lesson and a short Q&A intro video with an overview of the lesson and why it's so important.

At the end of the program (after you've gotten the eighth lesson, which is all about how men think about sex) you'll get the complete program in one convenient downloadable PDF so you can refer back to it whenever you want.

After you go through each lesson, I highly recommend that you post your comments, questions, and reactions to the material in the *Secret Survey* community site. One of the things I love about the women in this community is how responsive and eager they are to help each other.

The first lesson (which you have access to right away) is called **Men Are Like Dogs (And You're a Bad Owner)**. It explains the real reason it seems like men have marbles in their ears whenever you try to tell them how you feel.

**Warning!** I don't pull punches in this program. That means that I'm going to spend some time talking about sex, eroticism, pornography, and even violence. I make a point of not swearing unless absolutely necessary, but if you want the truth you're going to need to wade through a little mud.

Ready for Lesson 1? This is going to be fun. =-)

# **Lesson 1: Men are Like Dogs (And You're a Bad Owner)**

**By Michael Fiore**

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# Lesson 1: Men are Like Dogs (And You're a Bad Owner)

"Why can't he just TALK to me????"  
—*Secret Survey* response from a LOT of women.

"But how does it make you FEEL?," Sara asked with a shaking voice and a fragile smile.

What she wanted was so **easy**. She just wanted him to open up to her. To talk to her. To tell her what was really going on in his head.

She wanted to know his **feelings**, his **wants**, his **desires**, what he was afraid of, what kept him up at night, what DROVE him.

She just wanted to **connect**... and then she'd give him everything. Everything she had to give a man. She'd make him feel like a king.

But Bobby just sat there dumbly with frozen eyes, his mouth stretched out wide like the Joker and a fire alarm going off in the back of his head as he went into panic mode.

He thought it had been a nice night. Sara looked great. She smelled amazing. The shape of her in her dress was like cocaine and chocolate to him, and it was all he could do not to jump over the table at the restaurant and feast on her.

But then she started talking. She started asking questions.

He had his fork halfway between his mouth and the plate... dragging out the moment. He knew whatever he said next would be the wrong thing.

"I love you," he could say, but it wouldn't be enough. She'd be upset. He'd spend the whole night apologizing. She'd cry softly in the bedroom or get on the phone with her friend for hours. And he'd be out in the living room, curled up on the couch under a ratty blanket with an unsatisfied libido and nothing but the dog to keep him warm.

Ahh, men and women. Two incredibly similar creatures divided by a common biology.

Honestly, men and women aren't THAT different. We both want love, we both want sex, we both want to be adored and worshipped and desired and supported, and we both want to be happy.

So how come we spend so much time and energy making each other MISERABLE?

And how come we have such an incredibly hard time TALKING to each other? In this first lesson I'm going to explain why talking to a man about his feelings is a lot like talking to a monkey about space travel (Yeah, they can do it, but they need a lot of help and how the heck do you get them back down?)

And I'm going to give you some simple tools to help you stop getting so frustrated by men, to understand "man-speak" and to "get" guys in a way not one woman in a thousand does now.

Ready? Cool. Let's rock.

## **Why Projective Empathy Destroys Your Relationship with Men...**

The first thing you need to know is that men aren't women.

OK, I know that sounds obvious, but you'll be amazed how often this very basic concept comes as an absolute shock to women I work with.

I was talking to my (awesome) girlfriend over drinks the other night about the massive communication gap between men and women and how frustrated women get about trying to get their guy to open up and tell them how he feels.

It seems like a lot of women I talk to believe that men are manipulative creatures whose every utterance is loaded with secret, coded meanings. They believe guys think about their women all day long and are hyper-aware of the arch of an eyebrow and subtle tone of voice. But they're also playing games and laying traps for women like some kind of particularly cruel Canadian beaver hunter.

**Why** do so many women assume all of this?



Well, because a lot of WOMEN are manipulative creatures whose every utterance is loaded with secret coded meaning and...well, you get the idea. =-)

Now, I'm not saying that to rag on women. I LOVE women, and one of the things I LOVE about women is how much more complicated female communication is and how much more emotionally rich women's inner lives are than most men's.

And men actually make the same mistake when they assume that women are straightforward creatures who just say what that mean.

### **This actually comes down to a concept called “projective empathy.”**

Projective empathy is the tendency human beings have to assume that everyone else in the world thinks just like they do, wants the same things they do (in the same way), and would react to any given situation or stimulus the exact same way they do.

The best example I can come up with from the recent news has to do with Anthony Weiner.

(If you don't remember Anthony Weiner, he was a New York Congressman who got in trouble for flirting with women over Twitter and sending dirty text messages to women who were definitely not his wife.)

When I first heard of “Weinergate” I was pretty aghast. Not because a politician was sending dirty messages behind his wife's back (I don't think politicians are capable of being faithful. It's something in the water.), but because I know that sending a **woman you barely know** a picture of your penis is probably the worst way in the world to actually turn her on.

I talk about this a lot in my *Text the Romance Back* program (<http://www.texttheromanceback.com>), but the short version is that when it comes to sex and eroticism, men are primarily **visual** creatures who are turned on by pictures (or visual language) while women are primarily **sensual** creatures who are turned on by **detailed and emotional language**.

The problem Weiner had (OK, he had a lot of problems) was that he was **being a dumb guy and having the same thought process as millions**

**of guys I deal with every day**, but unlike most of us he got exposed for his idiocy on a national stage.

**Weiner's unconscious thought process probably went something like this:** *"Hey, I really like looking at naked women. If a woman I barely knew or who I just met online sent me a naked picture of her breasts I would LOVE IT and it would totally make my day. As a human being I'm going to assume that all other people think the same way I do, so I'm going to send women pictures of myself naked and that will turn them on and make their day too!!!!"*

I'm willing to bet the women who actually received Weiner's messages were probably pretty amused, but unless he'd done a LOT of work beforehand sending sensual, sexy, romantic messages, they most definitely weren't turned on by the images he sent.

**And most women make the exact same mistake that Weiner did but on an EMOTIONAL level.** You probably don't do it CONSCIOUSLY, but if you're like most of the women I've worked with (and there's been thousands and thousands now), some deep part of your mind you might not even be aware of has thought: *"I have a deep emotional life where I think about my relationships and my love all the time. I want to share my deepest inner feelings and connect with my love partner on a constant level, and even though he doesn't talk about it, he must be the exact same way!!"*

If you're a woman, you've probably been unconsciously assuming that men think like you do for years.

And you've probably been frustrated and even ANGRY every time that special guy has seemed clueless and idiotic and hasn't picked up on your signals.

But men aren't women. They're dogs. =-)

## **Everything You Need to Know about Talking to Men You Can Learn From a Book about Dogs**

OK, this is going to be a little weird, but stick with me.

If you know me or follow me on Facebook (<http://www.facebook.com/michael.c.fiore>), you know that I'm a big reader.

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## LESSON 1: MEN ARE LIKE DOGS (AND YOU'RE A BAD OWNER)

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In fact, I'm kind of a reading addict, and if I don't shovel at least 5 books a month into my brain I get irritable and angry and start babbling about conspiracy theories.

I recently picked up a book that illustrated the great communication divide between men and women for me in really crisp, sharp terms, even though it wasn't about HUMAN psychology at all.

And every woman I've shared this idea with has had her eyes light up and has felt an astonishing amount of relief at how guys suddenly make a whole lot more sense.

The book is by a woman named Patricia B. McConnell, Ph.D. and it's called *The Other End of the Leash*. It's not a dog training manual. McConnell doesn't teach you how to get your dog to sit or stay or fetch help because Timmy fell down a well again (Oh, Timmy, how did you ever survive to go to college?).

Instead she teaches you how dogs THINK, how dogs view the world, and how (and this is the important part) even though you think you're saying ONE THING to a dog they might be hearing or understanding something completely different.

For example, if you've ever tried to get a dog to come to you, you probably stood with your feet and your shoulders facing the dog, patted your hands on your thighs over and over again and called the dog in a really high, friendly, sing song voice.

And if it's a young dog or a dog that hasn't been trained yet, the dog has probably just kind of ignored you or even gone the absolute opposite way you wanted him to go.

### **So why did the dog ignore you?**

Well he actually didn't. Because human body language for "come here" is actually dog body language for "walk away."

When we want another human to come over to us, we face them, we say their name, we open our arms in a hug and that cute little rascal comes running.

But dogs aren't humans (I bet you can see where this is going now). When a dog wants another dog to follow him (or wants a human to follow him) he doesn't face the other dog and wait. **He faces where he wants you to go and even starts walking that way himself.**

If you watch professional dog trainers work with their animals, you'll notice that they don't try to force the dogs to speak human. If a professional dog trainer wants a dog to follow her, she doesn't pat her thighs and say "Come here, come here, COME HERE!!," she just walks away from the dog and makes a little clicking noise.

And the dog (incredibly relieved that somebody is actually speaking his language) stops sniffing around all those trees and comes sprinting across the yard.

So what does this have to do with you and men?

Well, everything. Because you've got a choice: **You can try to get a dog to speak, or you can learn what the barks mean.**

So you can try to get men to speak woman, and dive into that deep emotional stew you live in and basically become your best girlfriend (ugh)...

Or you can learn man-speak and learn to understand all of the signals he's **already giving you** every single day that tell you exactly how he feels about you, exactly what he wants, exactly what he's ashamed of, and what turns him on.

And it's a choice you need to make **right now** before you move on to any of the other lessons, because in the rest of this manual I'm going to give you a bunch of man-speak and explain what your man hears when you talk to him like a woman and how to understand what he's saying to you even though he doesn't know it.

## **Summing up Lesson 1:**

**Men aren't women.** Men don't generally communicate on the deep and subtle level that women do and (as hard as it is to believe) men don't think like women either. If you want to date someone who thinks and empathizes like a woman, you'll need to date a woman. =-)

**Projective empathy** is the human tendency to assume every other person in the world thinks like you do and will react to any given situation or stimulus the same way you do. It's also 100% wrong as you'll learn as we get deeper into this material.

**Men are like dogs.** It's not that men are ignoring you or purposely being evasive when they don't answer your questions, it's that we can't

figure out what the heck you're actually asking us or what we want us to do (even on those rare occasions that you actually lay it out). We'll dig more into this later.

**You can try to get a dog to speak, or you can learn what the barks mean.** Trying to get most guys to speak woman is a total waste of time. Instead of trying to get your man to talk like a woman, or getting angry because he won't talk about his feelings, instead focus on understanding what men are already saying without even being aware of it themselves.

## **Exercises for Lesson 1:**

Choose one of the 3 exercises below and do it in as much detail as you can.

1. Go back over this section and pay attention to how you **feel** when you're reading it. Do you feel relief? Anger? Does part of you feel like men SHOULD be the ones to bend over backwards and crawl over broken glass to understand YOU? Write your feelings on a separate piece of paper or in the space below.

*LESSON 1: MEN ARE LIKE DOGS (AND YOU'RE A BAD OWNER)*

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2. What you love about your partner is also what you hate about your partner. For instance, my awesome girlfriend is incredibly laid back, which I love, but she's late for everything, which I hate. Use either your current relationship or a former relationship and think about the things that you HATE about your partner (or that just annoy you) and figure out the flipside to that trait that also makes you love them. Write down some examples below.

*LESSON 1: MEN ARE LIKE DOGS (AND YOU'RE A BAD OWNER)*

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3. Make a decision right now to accept and **forgive men for being men**. No matter what you do or what you say, you're never going to get your guy to be as emotionally open and vulnerable as you want him to be (just like you'll never get a dog to clap). It's simply not how he's wired. Let go of any contempt you have for masculinity. Write your thoughts in the space below.

## **Up Next: Why Men Lie**

In our next lesson we'll talk about the three reasons men lie to women and how to get him to finally open up and be truthful with you.



# **Lesson 2: Why Men Lie to Women**

**By Michael Fiore**

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## Lesson 2: Why Men Lie to Women

“Why does he lie about the little things?”

“Why won’t he just tell me the truth?”

“How do I get him to be 100% truthful with me?”

“Why do men LIE????!!!!!!!”

–Women’s responses from the *Secret Survey*

“Why didn’t you just tell me the truth?” Alicia sobbed, but Derek just looked at her.

She had tears running down her face. Her voice was vibrating like a surf guitar. She was furious, so far beyond mad.

But all Derek was numb. His vision had narrowed down to a tunnel and his heart raced, but he felt. . . nothing.

“I just don’t understand why you had to lie to me,” Alicia said.

He wanted to hold her. Or maybe he just thought he should want to hold her. Everything was so confused. It was like he was watching this whole fight from under water.

And the truth was, he didn’t really know why he had lied to her.

It wasn’t even about anything serious. He’d just wanted a night out with his best friend from high school to drink beer and talk about girls and bitch about his boss and lust after the 22-year-old waitresses.

But it was Tuesday. It was *Glee* night, and for some reason Derek couldn’t understand, that was important to her. He knew if he just said he wanted to go out with a friend instead of curling up on the couch with her and watching show tunes she’d freak out.

So he had lied.

“Hey baby,” he’d said. “Listen, it sucks but I need to work late tonight. We’ve got this deadline on the Hattenberg project and my damn boss is making me stay late. Yeah, yeah. I know. But we’ll watch it on Hulu when I get home.”

And that had been that.

He'd gone out with Tom. They'd knocked back a few, and then a few more. They'd reminisced about their wild days and Derek had talked about what a great girl he had waiting for him at home.

And then it was midnight and he was drunk. He took a cab home. He stumbled in the door. He played sharpshooter with his key and the lock and missed again and again. He fished his phone out of his pocket and saw that she'd been calling and texting and worried.

And when the door opened he'd seen her and she was furious. And suddenly a wave crashed over his head and he couldn't feel a thing.

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I don't remember the first time I lied to a woman. But I know WHO I lied to. It was my Mom.

My mom is an amazing woman. Pretty. Smart. Better than me at board games. And like almost all women, she has access to an arsenal of emotion that used to petrify me.

When my mom was mad or upset it was like nuclear war in our house. My dad, brother, and I were helpless in the face of her emotional onslaught. Her emotions would hit me like a punch in the gut, scrambling my internal circuits and making me feel as numb and disengaged as a robot. We would all tiptoe around her like mice around a cat, willing to do whatever we could to keep from setting her off, including lying about little things.

In this lesson we're going to cover one of the biggest questions women asked again and again in the *Secret Survey*: "Why Do Men LIE To Women?" (Or, being less polite, "WHY THE @#<\$# CAN'T HE JUST TELL ME THE @\$#@ING TRUTH????????")

The fact is **all** men lie. . . And all **women** lie too.

In fact, I'm just going to say it: You are a liar.

If you're totally honest with yourself, I bet you can come up with dozens of lies big and small that you've told:

- Telling your parents everything is fine even though you're torn up inside about something. . .
- Running into your old friend Kathy and saying she looks great even though she's gained twenty pounds and is wearing sweat pants to a dinner party.

- Pretending to have a body-quaking orgasm because you know how happy it makes a man to think he's an absolute stud in bed.

And those are just the “innocent” lies.

So when I say “all men lie,” it's a lot like saying “the sky is blue.”

And just like the white lies you tell don't make you a horrible person, guys don't lie because we're all “no good sons of bitches.” (Yes, there are some douchebags who just tell women what they want to hear so they can get into your pants, but that's actually a pretty small percentage of the male population.)

Honestly, most men are good guys who actually care about women and want to have good relationships. And we lie through our teeth to you anyway.

Why?

Well, there are actually **three** reasons that good men lie to women on a regular and daily basis about all sorts of things big and small.

One of them will probably blow your mind.

One of them will seem obvious.

And the third one just might piss you off.

## **Reason Men Lie #1: He Doesn't Think You Want the Truth**

Let's start with the easy one. The first reason men lie to women is because he doesn't think you **actually want** the truth. Even if you don't do it consciously, women **test** men with dangerous questions all time:

“Do I look fat in this?”

“Do you ever think about other women?”

“Do you ever wish you were single?”

“Are you still as attracted to me as you were when we met?”

“Do you think Kelly has a nicer butt than I do?”

(My favorite question was one my mom used to ask me when I was twenty-two. “Honey, if you weren’t my son and you were my age, would you date me?”)

Your man lies when you ask these questions because he doesn’t think you’re asking for the actual truth. Instead, to a guy’s mind, you’re asking him to tell you what you want to hear and boost your self esteem.

After all, if your man actually said “yeah, you look fat in that,” would you really take it that well? Or would you explode on him, put him in the dog house, and force him into emotional purgatory for hours and hours to come?

Be honest with yourself here. I think you know the answer.

## Reason Men Lie #2: Emotional Overload

(Heh, this is going to be fun.)

The second reason men lie to women is because **men are scared of women**.

Not physically (not usually, though occasionally you hear of a woman going all Lorena Bobbit on her man).

Nope, men are scared of your **emotions**.

Emotions are actually harder for guys to deal with and recover from than they are for women.

According to Dr. John Gottman at the University of Washington (right here in my hometown of Seattle), women can both enter and recover from extreme emotional states a **lot** faster than guys can, and extreme emotional states have a tendency to overload or flood men.

We’ve all seen a woman burst into tears one moment only to be totally fine 5 minutes later. But when it comes to emotion, guys are a lot more fragile.

Gottman says it’s because of evolution. Guys were evolved to be single-taskers: to push everything out of their minds except the one thing

they're hunting. Because of that we're slower to get into an emotional state and MUCH slower to get back out of it once we get there.

**I like to think of it like swimming.** Getting emotional for a woman is a lot like jumping off a dock into a lake. You get wet, sure. But the dock is **right there**, and just a few seconds later, you're safe and dry and ready to do another cannonball.

But for guys, getting emotional is like getting dropped into the middle of the ocean...bobbing in the water, surrounded by sharks with land nowhere in sight.

It's TERRIFYING. And because it's so terrifying (and because we're so ill equipped to deal with high levels of emotions), when most guys are confronted by an emotional person or situation, we just switch off. (Which, I know, infuriates you.)

So what does this have to do with **lying**?

Everything.

From a very young age, guys learn that if we tell women the actual **truth** you could **freak out** on us, **flood us** with those scary emotions, and push us out into the ocean where the sharks are nibbling at our legs and it'll take hours and hours to recover.

The fact is, guys are SCARED of **your emotions** because they're afraid of the emotional state you're going to push them into. And I gotta tell you from experience, getting pushed out into emotional purgatory sucks, so we do everything we can to avoid it.

In the first lesson we talked about how men aren't women. Well, women aren't men either. And to most men, women are beautiful, wonderful, attractive, necessary, crazy people who don't make much sense at all.

When a guy does the math in his head about telling the truth or telling a little white lie, often telling the truth just isn't worth it.

Why? Because guys know that if we just come clean and tell you the absolute truth (that we share with our guy friends all the time), we have no idea how you're going to react and even just a tiny little slip could turn into a major ordeal.

Let me give you peek inside a guy's mind as an example. Dave and Carol have been together for a few years. Things aren't perfect in their relationship, but Dave is pretty happy with the way things are and likes

having Carol in his life. But her mood swings scare the heck of him and she reacts totally differently to the same situation on different days.

For instance, one day Dave was late getting home from work. Carol came into the kitchen with a smile on her face and said, "Hey, honey, late night at the office?" He took her in his arms and said "Nah, I just stopped off at the bar with Mark for a couple beers. What's for dinner?"

She gave him a little kiss and they had a great night.

But then a few weeks later, Dave came home a little late and Carol **didn't** have a smile on her face. She had her arms crossed over her chest. She was upset about something.

"Where have you been?" she asked lightly.

"I got a beer with a friend," he said. He tried to act normal, but he knew what was coming next.

And Carol went nuclear about how he SAID he was going to be home on time and this was a SPECIAL night.

And Dave was confused. To him, it was just like the last time he stopped for beers with Mark and came home a little late. So what happens next time Dave stops off for a beer with a friend? Does he tell Carol the truth, which might be fine or might set her off?

Of course not. He lies and says, "My son of a bitch boss made me work late" because it's just not worth it to tell her the truth.

It's not that he doesn't **like** Carol and it's not that he doesn't **respect** Carol, it's that he really has no idea how she's going to react from day to day, and he doesn't think he'll ever be able to understand the emotional intricacies of Carol's inner life, so he takes the safe route and tells a little lie.

Here's the key: most of the time men aren't lying to be mean or because they don't respect you or think you can't handle the truth. We're lying because we want you to be happy, because we don't really understand your emotions, and because we're pretty terrible at dealing with emotions ourselves.

## Reason Men Lie #3: The Myth of Prince Charming

This is the big one, the reason you should be very glad that you're going through this program.

As you'll discover when we get into the darker sections of this material and when you dig through the actual survey results, men usually aren't who women **really** want them to be.

And a lot of guys walk around under the weight of crazy expectations born from fairy tales and crappy movies starring shirtless vampires.

I call that unattainable ideal women have for men "**the myth of Prince Charming**."

If you're like most women, you have a mental picture of the perfect guy who's out there waiting for you. The guy who will sweep you off your feet, who only has eyes for you, who will ravish you and take care of you and be truly devoted to you and has a great job and a butler with an awesome accent and...well, if you've seen a Disney movie you get the idea.

But, I hate to tell you, Prince Charming doesn't exist for women any more than the Myth of Kim Kardashian actually exists for men. Men are complicated and dark and lusty and dirty and occasionally mean.

In other words we're **human**. We're **not** Prince Charming and we know you want us to be. We know that if we actually told you the truth about why we do things and what actually goes through our minds (much of which I'm going to reveal in the rest of this program) you'd be devastated, hurt, angry, probably wouldn't like us so much anymore, and certainly wouldn't want to sleep with us.

Most guys know that if we told you what we really wanted sexually, you'd be appalled.

If we told you what we were really thinking about when we had that far off stare in our eyes at the supermarket, you'd be disappointed in us. The story you tell yourself about who your man should be would be shattered like the Titanic on an iceberg. And if we told you what really scares us and keeps us up at night, we think you'd lose respect for us. (Which is often pretty silly, I know.)

So we lie. We pretend to be bigger and better and more like Prince Charming than we actually are, all in an attempt to keep you happy.



## **So How Do You Get Him to Tell You the 100% Truth All the Time?**

Now that we've covered the three big reasons men lie, you might be wondering how you get men to **stop** lying to you. How do you get him to tell you the truth?

I've got a very simple answer for you:

You don't.

I'm not saying there aren't ways to **reduce** the number of lies men tell you (and I'll give you some exercises to accomplish just that at the end of this chapter), but lies are a part of **all** relationships (hopefully small lies, big ones not so much), and if you think about it, you'll realize that you lie to the men in your life, too.

## **So if You Can't Get Him to Tell You the Truth All the Time, What Do You Do?**

Great question.

**1. Choose to assume he's telling you the truth about the little things even when he might be lying through his teeth.**

OK, this is a little controversial, but it'll make you a lot happier.

I once had a roommate named Keith. Keith was a great guy, but he was also a pathological liar. Keith would lie about everything. He'd lie about his past (he had this story about friends of his falling off a mountain when he was on the next rope), he'd lie about girls he was dating (who didn't actually exist), he'd even lie about what he had for dinner, though nobody could figure out why.

I could have tried to confront Keith on his lying all the time. I could have gotten really angry about it and badmouthed him behind his back. I could have done any number of things.

But I decided to do something else instead. I decided to **believe him**.

Every time Keith told me something (and a lot of what he told me were pretty obvious lies) I'd just nod my head, assume he had his reasons for pulling one over my eyes, and just take whatever he said as the truth.

Now, obviously, if he was lying about something life threatening or important, I wouldn't go that route. But for the everyday stuff, just choosing to believe what Keith said did wonders for my sanity and happiness. I let him have his **little** lies, and because of that, **bigger** lies never really entered the equation.

Keith was a pretty extreme example, but if you just let the little unimportant lies go instead of worrying about them all the time, it'll do wonders for your mental health.

**2. Try not to ask questions you don't actually want the answer to.**

We'll talk about this a bit more in the section where we discuss pornography, but if an answer to a question could make you angry or set you off, you're really better off not asking it. (So no more "Do I look fat in this?" type questions.)

**3. Learn the truth from sources like this program and then demonstrate that you're actually cool with your guy being a guy. The more you understand and empathize with the man in your life, the less he'll feel the need to lie to you.**

I personally can't think of a time I've lied to my (awesome) girlfriend, and it's not because I'm some paragon of virtue who's more moral and truthful than other men (I've certainly lied to other women in my life). I don't lie to my girlfriend because I know from **experience** that she understands who I am and loves me for me (with all my flaws on full display).

Also, I know she's open and honest with me and I know from experience that when I DO tell her the truth, she can handle it and won't freak out.

(For instance, we recently had a conversation when she asked me if I ever wished I was single. The safe answer to that question would have been "of course not, honey, I love you and only you and my penis wilts up and crawls back into my body at even the thought of another woman." But you know what? That would be a lie. So I told her the truth: "Nope, I never wish I were single. But I do occasionally wish I could sleep with other women." Now, I'm not GOING to sleep with other women, but the fact that my girlfriend didn't BLOW HER STACK at that statement means I know I can tell her the honest truth about pretty much anything. And she'll be right there, secure in our love and ready to handle it.)

## The Douchebag Exception

Before we finish up here I should take a moment to talk about pathological liars and douchebags. See, the three-part answer I've talked about so far really only applies to normal and good guys. But there are some guys out there who are just douchebags who actually ENJOY lying to women and toying with them and manipulating them. Those guys are relatively rare (and you're probably not dating one) but they do exist. If you catch a guy in BIG lies (rampant cheating, lying about what job he has, pretending to be a high powered executive when he actually works at McDonalds) then all bets are off and I recommend you run away from him as fast as possible. Got it? Good.

## Summing Up Lesson 2:

**There are three reasons** that men lie to women:

**He lies because he doesn't think you want the truth.** Men are taught from a very young age that women test men and play games with them. By asking loaded questions like "Do I look fat?," "Do you think she's pretty?," "Did you take the garbage out?" you actually encourage men to lie to you.

**He lies because he is afraid of emotional flooding.** Men are scared of women's emotions and women's unpredictability. Dr. John Gottman teaches us that it's actually much harder for a man to get into and out of an emotional state than it is for women to do so. Men tell lies because telling the truth (and getting into an argument about it or making you upset) simply isn't worth it.

**He lies because he knows he can't live up to the myth of Prince Charming.** Men are more complicated, dirtier, and less charming than the prince and know that if we told you the actual truth about what we wanted sexually and emotionally, you'd run for the hills.

**Aiming for 100% honesty is impossible** (or close enough). While you can definitely improve the honesty in any relationship, being 100% truthful is difficult if not impossible. And little lies are OK and help us get through the day. Instead of aiming for 100% honesty or brutal honesty in your relationship, you should aim to understand who men **really** are and to love men for who they **really** are.

**If you want to be happy with men, you should assume he's telling the truth** about the little things. They're just not worth getting into a

fight over. Yes, there are things a man can lie about that simply aren't acceptable, but for the little stuff, just let it go.

**The way to get your man to be more honest with you is to learn more about men and show him that you can be OK with his male-ness.** The more you learn about men (and the more you realize that most of what we do has nothing to do with you), the more likely men will be to be open and honest with you in the future.

**All of that said, if you catch a guy lying about BIG things all bets are off.** If he lies about stuff that really matters, it means you got a bad fish and you should find somebody else.

## Exercises for Lesson 2:

Pick at least one of these exercises to do before moving on to lesson 3.

1. Create a lie journal for a day. OK, this is fun and humbling and a little scary. For one full day, take a notepad or journal with you and mark down every time you catch yourself telling a little lie (or a big lie) and WHY you told that lie. ("I told Melanie I liked her hair because I didn't want to hurt her feelings.")
2. "If he were telling the truth, what would it mean?" My friend Emily who was having issues with a guy she was dating. The guy had told her that he didn't want to date her anymore, but she kept trying to get him to change his mind. (She even slept with him again, thinking that would bond him to her. It didn't.) Emily wrote me text after text asking me to help her read into what this guy was doing. "Well, he SAID he didn't want to date me, but then when we were hanging out he touched my hand and said he was having fun so..." I told her: "Emily, take a deep breath and ask yourself: If he was actually telling you the 100% truth and if you didn't start reading into his emotions and assuming he was lying to you, what would it mean?" She came back and told me "It would mean he doesn't want to date me?" She was hurt in the moment, but it gave her the energy to walk away from that relationship (and got the guy to actually give chase).

Next time you find yourself assuming a guy is lying to you, do that little exercise. Write down what it would actually mean and react accordingly. See how it feels and how he reacts.

3. Does he love you enough to lie to you? Think about five small lies the man in your life has told you. Your gut will probably tell you to assign nefarious reasons to WHY he lied to you, but instead here's what I want you to do. Think about positive reasons he might lie to you. "He lied to me to spare my feelings" or "He lied to me because he wants me to be happy."

### **Up Next: Why Doesn't He Compliment Me Anymore?**

Now head over to lesson 3, where I'll teach you why "Denying Your Man's Truth" is basically cutting off his emotional balls. =-)

# **Lesson 3: Why Doesn't He Compliment Me Anymore?**

**By Michael Fiore**

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## Lesson 3: Why Doesn't He Compliment Me Anymore?

"Why doesn't she believe me when I tell her how much love her?"

"When I tell her she looks beautiful she says, 'you have to say that, you're my husband,' and it kills me."

"I tell her the truth, but she always assumes I'm lying."

—*Secret Survey* responses from men

Paul felt like his testicles had shriveled up and crawled inside his body to die.

OK, that was overdramatic. But he felt awful, nauseous. He felt tears welling up behind his eyes, but he blinked them away so she wouldn't see.

His wife, Tiffany had just gotten out of the shower and she looked beautiful. Even after 15 years, his eyes couldn't help but devour her. He took a long visual trip from her ankles, along her calves, to her hips, stomach. He stopped at her breasts and felt his tongue flick out to the side of his mouth hungrily. And then he landed on her eyes.

"Stop it," she said.

"Stop what?" He was confused.

"Staring at me. I don't like it when you stare at me like that. At how fat I've gotten."

"You're beautiful," he had said plaintively. And he had meant it, but she didn't care. She sighed dismissively.

"You have to say that, you're my husband. I feel ugly. Now get dressed, we're going to be late."

Paul was miserable as he looked at himself in the mirror. "You have to say that, you're my husband," he mumbled under his breath in a mocking tone. He buttoned his shirt. He knotted his tie and pushed it tight against his throat until he thought he was going to choke.

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In our last lesson we talked about why **men** lie to **women**, but in this lesson I want to turn things around and talk about a common (and horrible) phenomenon I see in relationships again and again: **emotional castration**.

## What is Emotional Castration?

Emotional castration is when a woman (usually without meaning to) denies a man's truth and makes him feel weak, useless, and generally awful.

In other words, she emotionally cuts off his balls.

And, weirdly enough, she **usually** doesn't even do it on purpose, because the number one cause of emotional castration isn't anger or meanness, it's **low self esteem and a constant need for affirmation on the woman's part**.

If you read the beginning of this lesson, you've already seen an example of one kind of emotional castration:

**Step 1:** Paul gives Tiffany a compliment and tells her how he feels about her.

**Step 2:** Rather than accepting that compliment and being thrilled by it, Tiffany DEFLECTS and says that Paul's motivation for giving her a compliment isn't because he means it, but because he's her husband and HAS to say something like that.

**Step 3:** Paul shuffles his way over the mirror feeling rejected and angry and learns that telling Tiffany how he actually feels about her or that he's attracted to her is a bad idea.

**The second kind of emotional castration happens when a man expresses how he feels.**

Lots of respondents to the *Secret Survey* mentioned this. Rick, for example, said that what drove him NUTS about women in general (and about his woman in particular) was how she would never **let him tell her how he felt about her**.

Here's a typical exchange between Rick and his wife Mary. Let me know if it sounds familiar:

**Rick:** "I love you."

**Mary:** "No you don't."

Or



**Rick:** "I love you."

**Mary:** "If you loved me you wouldn't go play poker with your friends tonight."

Or

**Rick:** "I adore you."

**Mary:** "You're just saying that because you have to."

Now, obviously Mary has some self esteem issues (just like millions of other women in our culture. I blame beer commercials). What strikes me is that the women who regularly emotionally castrate their men are the exact same women who end up writing me complaining about how their guys "aren't romantic anymore" or ask, "Why won't he seduce me?"

**And the answer is. . . if you beat a dog every time he licks your hand, he'll pretty quickly lose a taste for you.**

In order to help you stop emotionally castrating men in your life and actually encourage them to give you the compliments and seductive glances you want, I'm going to teach you three things:

**First** I'm going to teach you how to take a compliment. (Seriously)

**Second** I'm going to teach you how to raise your self esteem using the I Like Myself Game. (This game also appears in my *Text the Romance Back* program, but it's worth including here.)

**Third** I'm going to talk to you about the power of the Confidence Tease and why acting like you're worthy of your man's love and adoration will create amazing fuel for his masculine fire. (Wow, did I really just say "masculine fire?" I should write romance novels.)

Let's get to work:

## How to Take a Compliment

This is one of those things that **should** be easy but makes most people want to subtly throw up in their mouths. I don't know if it's an American thing or what, but the vast majority of people I know are **awful** at taking compliments and act like you licked their cheek every time you say something nice about them.

**For example**, I have a friend named Matt who's undoubtedly one of the smartest people I know. Matt's got a brain the size of the moon, is one of the most politically and scientifically knowledgeable people I know, and his IQ absolutely dwarfs mine. But he can't take a compliment to save his life.

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### LESSON 3: WHY DOESN'T HE COMPLIMENT ME ANYMORE?

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**Me:** “Matt, you’re incredibly intelligent, you’re probably the smartest guy I know.”

**Matt:** (Humming and hawwing) “Well, nah, I’m no Bill Gates or anything.”

I have another friend named Fiona who’s absolutely beautiful. Stunning eyes, great body, and a smile that makes me shiver.

But when I tell Fiona “You’re really beautiful,” her smile disappears and she says “I don’t like my butt and I wish I had nicer skin.” And then we sit there in silence for a minute as I try to figure out how to get her out of her funk.

Now, you might think that Matt and Fiona are just being humble. But in my opinion they’re not being humble at all. They’re being assholes.

Let me explain.

A lot of people think that in order to accept a compliment you need to personally think the compliment is true. But in reality what you think doesn’t actually **matter**. The person **giving** you the compliment thinks it’s true. And if you deny the compliment or refuse to accept it, you’re denying that person’s truth and are basically being an **asshole**.

For instance, in my spare time I play guitar. In my opinion, my guitar skills are mediocre. I know some chords and can handle a rhythm, but I don’t know many songs and my soloing ability doesn’t let me play anything beyond 12 bar blues.

But sometimes, when I’m playing guitar with friends, somebody will come over and say, “Wow, man, you’re really good.”

Now if I get all humble and say, “Nah, I’m not really very good,” what I’m REALLY saying is, “You’re wrong and you have no taste and what the hell is wrong with you?” In other words, I’m being an asshole.

Once you start framing compliments this way (and realizing that compliments aren’t about the truth of **you**, but are about the **perceptions** of others), accepting compliments gets a lot easier.

It doesn’t actually matter if you think you’re beautiful or sexy or have some mystic ability to win at Parcheesi. If the person who’s complimenting you believes it, that’s their reality and you don’t have the right or the responsibility to deny it.

## **So here's what you do when someone gives you a compliment. . .**

**Step 1:** Ignore that knee jerk reaction you have to be humble or to say something pacifying like "that's nice of you to say" (I hate that phrase). Take a deep breath.

**Step 2:** Look that person right in the eye and say "Thank you."

**Step 3:** Stop talking.

This sounds simple, but for most people it's extraordinarily difficult.

## **The I Like Myself Game**

The I Like Myself Game is something I created several years ago when I was at a real low point. I'd just turned 30, and even though a lot of things in my life seemed pretty great, I was miserable. No matter what I accomplished or what I did with myself, my self image was low and dirty and evil and cruel.

And it wreaked havoc with my romantic life. I hated myself so much that I just couldn't let a woman love me without wondering what the heck was going on in her head.

It's taken me years of work to re-jigger my self image to something awesome, but it's been worth it.

The first time you play the I Like Myself Game, it's going to scare the living bejeezus out of you. In fact, a lot of people who TRY to play it the first time end up chickening out. They confuse liking themselves with being arrogant and go hide under the couch until the specter of positivity passes.

So take a deep breath and get ready. Here's all you have to do:

Take out a blank piece of paper or fire up a blank document in your word processor of choice. At the very top of the paper write "I like (YOUR NAME), I really do. . ." (If you feel a little shot of panic doing this, that's OK. Take another deep breath.)

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### LESSON 3: WHY DOESN'T HE COMPLIMENT ME ANYMORE?

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In the **third person** (“*Jenny is. . .*”), write out what you truly LIKE about yourself. Don’t edit yourself. Don’t apologize. Don’t use wiggle words or neutralizers like “*I’d like Jenny’s smile, but her teeth are kind of crooked*” or “*I like Jenny’s brain, but I wish she was smarter.*” Focus on the positives. Don’t qualify anything. Don’t worry about being immodest (modesty is noxious; I’m not a fan). Be honest: what do you REALLY like about yourself, and what do you think other people like about you, too?

**Examples of stuff you might like about yourself can include:**

Personality traits: “*I like Melanie’s sense of humor. She can make a whole room laugh with a word.*”

Physical traits: “*I like Mary’s butt. It’s taken years of work, and she’s got an ass that draws stares when she walks down the street.*”

Accomplishments: “*I like how Jasmine kept moving even when things got tough and graduated at the top of her class.*”

**FILL THE WHOLE PAGE if you can and keep going no matter how hard it gets.** The first time I did this exercise I had a panic attack, but now I can do it in my sleep. It’s SUPER IMPORTANT that you do it right.

Just as an example, here’s a quick I Like Myself Game for me. . .

*I like Mike, I really do.*

*I like his energy. It crackles off him like lightning, and when he focuses he can change the world through his sheer force of will.*

*I like how Mike cares about people. I like that Mike goes out of his way to help the people in his life and thinks loyalty is the most important thing in the world.*

*I like Mike’s smile. He’s got dimples and a naughty glimmer in his eye that makes you wonder what’s going on in his head.*

The first time you play this game, you’re going to feel like an egotistical git. That’s because our culture programs us to have low self esteem and low opinions of ourselves.

**Play it anyway.** Write it out longhand if you can (though typing is OK, too. My handwriting is doctor-level bad, so I type everything). You don’t have to share this with anyone, but you can if you want. It’s a great game to play with your partner, followed by a What I Like About You variation.

Simply by focusing on the POSITIVES about yourself, you’re going to REPROGRAM your mind.

## The Confidence Tease

Here's one simple trick that I learned from my girlfriend (it drives me absolutely wild every single time she does it).

Again, it's a trick that seems simple and like something every woman should know how to do, but in the years I've been dating (and I've dated a fair number of women) she's the only woman I've ever seen do it.

I call it The Confidence Tease because it projects astonishing confidence (and confidence in a woman is incredibly attractive) and because it teases a man and gets his inner hunter up and craving you.

### Here's how it works:

Next time the man in your life says "I love you," (or I adore you or anything like that) or gives you a compliment, just stop, look him in the eye and say "I know." And then smile.

### Which of these do you think is more powerful?

#### Option 1:

**Sam:** "I love you."

**Susan:** "Do you really? Are you sure?"

or

#### Option 2:

**Sam:** "I love you."

**Susan:** "I know =-)"

I can tell you as a guy, the first response makes me want to crawl under a rock while the second response multiplies my desire and attraction to a woman by a factor of ten.

Same thing with a compliment:

#### Option 1:

**Sergei:** "I think you're beautiful."

**Sally:** (Blushes, looks away)

or

#### Option 2:

**Sergei:** "I think you're beautiful."

**Sally:** "I know =-)"

## Summing Up Lesson 3

**Emotional castration** is when a woman denies a man's truth and power and makes him feel like his opinion simply doesn't matter. Emotional castration normally happens because a woman's self esteem won't let her take a compliment or accept that a man is telling her the truth.

**There are three ways to defeat the emotional castration habit...**

- **Learn to take a compliment.** It doesn't matter if **you** think the compliment is true, the only correct response to a compliment is to say "thank you." If you deflect a compliment, you're not being humble, you're being an asshole.
- **Raise your self esteem.** Confidence is sexy. Knowing what you like about yourself won't just make you happier, it'll draw men to you like bees to honey.
- **The Confidence Tease** is an amazing way to get a man's motor running and to indicate that you're something truly special and worth pursuing (I should know, it worked on me).

## Exercises for Lesson 3

Pick at least one of these exercises to do. Come back and do the others later if you have time.

1. **Play the I Like Myself Game.** Yes, this will scare the crap out of you at first. Play it anyway. If you really want to have fun, invite a few of your best girlfriends over to play it with you. You can also play the I Like Myself Game with your partner, though getting men to do this can be even more difficult than getting women to do it.
2. **Compliment practice.** Next time someone gives you any kind of compliment, take a moment to notice how you react. What happens to your heart rate? What happens in your mind? Do you immediately start having negative thoughts or denying what they're saying? After you've observed your pattern a few times, practice simply saying "thank you" to any compliment that comes your way. You can also practice taking compliments by yourself (by looking in the mirror and giving yourself a compliment, then saying "thank you") or with a friend (this is a great bonding exercise).

3. **The Confidence Tease.** Next time the man in your life says “I love you” (Or “I like you,” “I adore you,” etc.) look him right in the eye, smile, and say “I know.” See how he reacts. =-)

**ADVANCED:** If you think you've been particularly guilty of emotional castration with the man in your life or (even worse) find yourself constantly criticizing and tearing down your man because of how you feel inside, sit down with him and apologize. Tell him what you like and adore about him. Even if he doesn't engage in the conversation, just knowing that his woman respects him will do wonders for his self esteem and sense of self worth. It'll also open up the floodgates for him to be able to give you the attention and adoration you crave so much without him being afraid that you'll tear him down.

### **Up Next: Does he really love me?**

Once you've finished your exercises and reviewed this lesson, start counting down the moments until you get lesson 4, which will teach you how he REALLY feels about you and a simple answer to a huge question: “Does he really love me?”

# **Lesson 4: Does He Really Love Me?**

**By Michael Fiore**

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## Lesson 4: Does He Really Love Me?

“Does he love me?”  
“Does he really care about me?”  
“Am I good enough for him?”  
“Will he always stay with me?”  
“Does he see me as marriage material?”  
“Does he find me attractive enough?”  
“Are we forever?”  
—Women’s answers from the *Secret Survey*

When Kelly looked at Jake she wished she had super powers. Actually, she just wished she had one: she wished she could see past all the evasive answers and the little lies and read his mind. She wished she could just know how he **really** felt about her.

He said he did. He said “I love you” whenever she asked him. He even wrote her little notes. And sometimes she’d wake up in the morning to find that he’d gotten up early and made her breakfast and wrapped her in a big hug before he went off to work.

But other times she wondered. Other times he wouldn’t talk to her. She’d find him sitting with a far off look in his eyes and at those moments she’d give anything to know “What does he think of me?”

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In this lesson, I’m going to try to answer the number one question women asked as part of the *Secret Survey*. Actually, it’s not even the “number one” question. It’s basically the first 50 most common questions all rolled up into one.

When I first did the survey I was shocked at how many women simply didn’t feel secure in their relationships. . . who didn’t know how the men in their lives actually felt about them. . . who were anxious and angry and feeling like they simply weren’t good enough.

**So how do men really feel about women?  
Well, there's good news and there's bad news.**

### **First the Good News...**

According to the *Secret Survey* results, a lot of men out there are desperately and even eloquently in love with the women in their lives.

Here are a few of my favorite responses from guys (remember, the question they're answering is "What's the one thing you desperately want the woman in your life to know but could never tell her?"):

"I deeply, from the depths of my soul, so love you."

"I feel like I can't be happy without you, you're my everything. If I didn't have you, I don't feel like I would have any purpose at all."

"That she is the very person I've spent my entire life searching for. She is my ideal woman and I wouldn't change anything about her."

"That she is the most beautiful woman I have ever known."

"That I love her unconditionally and for the rest of my life."

And that's just a taste. There are many more.

### **From Looking at the *Secret Survey* Results, We Can Figure out Three Things...**

1. Most guys who responded really do love and appreciate the women in their lives. A lot of the responses are heartbreaking in their sincerity.
2. BUT there's an undercurrent of **frustration** that women don't seem to know or **accept** how men feel about them (this goes back to our last lesson with women deflecting men's emotions and compliments).
3. Men agree that constantly having to reassure a woman hurts him **deeply** and dramatically lessens his attraction and love.

That last part is actually worth repeating: **the more a man has to work to prove that he's attracted to a woman and loves her, the less attracted to her and the less in love with her he becomes.**

## Really it's a vicious circle. . .

- A man loves and adores a woman, but isn't great at showing it in a language she can accept and understand (remember, men don't communicate like women do and that's OK).
- The woman feels insecure and constantly **tests** her man, asking him to **prove** how much he cares about her.
- Her insecurity and need for him to **prove** his love and devotion acts like toxic acid on a man's emotions, makes him less and less happy in the relationship, and pushes him away.

Again and again in the survey (and in private interviews I do on this subject), men say **the number one most attractive trait in a woman is confidence** and that if there's one thing they want in their relationship it's a woman who believes him when he says "I love you," who doesn't need constant reassurance, and who feels securely loved.

## Two Quick Stories of Toxic Insecurity in Action. . .

### Story #1: Photos on the Facebook Wall

A few months ago I got this post on my Facebook wall (it's <http://www.facebook.com/michael.c.fiore> - you should go "like" it and join in the fun).

A woman named Ana asked: "Michael, can you please say a word or two about what you think if a guy keeps his ex gf's pictures on Facebook while he's dating another. My BF refuses to put away his ex-girlfriend's photos and **it makes me feel insecure, disrespected, and jealous.**"

I responded by saying:

"Hey Ana, good question. Here's my take: You can't erase a guy's past (and you shouldn't even try to). The 'Facebook Age' basically gives us a running photo history of our lives, and his ex-girlfriend is always going to be a part of that history.

That said, it's totally understandable that you feel a little dis-respected here. If he's got a bunch of photos of him and his ex making out or all over each other, he should take those down.

But if they're relatively PG photos, you should just let it go. And remember - **the photos aren't making you insecure, they're just heightening a feeling of insecurity you probably already have inside.**"

Ana writes back:

"Michael, thanks for the answer. I did exactly as you said. I didn't ask him to take off the photos, BUT after 3 months of our relationship he again put her photo on Facebook.

How do I react? It confused me a lot?

P.S. Also, please explain how harmful can it be if he and she are still friends on Facebook while she still posts love songs dedicated to him. I know it =-)"

I respond again:

"Hey Ana,

OK, deep breath here and chill.

You're getting anxious and insecure over stuff you have no control over and that's the quickest way to crazy town known to man.

Your guy is doing what your guy does.

The only thing you have control over is how you react to what he does. Now, is he putting a picture of her on Facebook because he's 'not as into you as you want' or because he still harbors feelings for her?

I have no idea.

But most likely the pictures have nothing to do with you or his feelings for you, and the best thing you can do is move on and not think about it.

**Getting insecure over this is actually the worst reaction.**

Insecurity is extremely unattractive and pushes men away like nothing else... but if you can be unbothered by this and maintain your confidence, it will actually bring your guy closer to you.

To be blunt about insecurity: All relationships end.

Either you break up or one of you dies. The odds of you and this guy being together for the next 50 plus years are actually pretty low. If he's disrespecting you, all you need to do is end the relationship earlier.

If you think he's cheating on you, then you need to make a decision based on that fact.

But making drama out of Facebook stuff will never get you what you want."

Ana responds again:

"Thank you. These are EXACTLY the words I needed to hear right now. You have probably saved our relationship now coz I was at the edge of how to react. Now I took the direction. Thank you!!"

## **Story #2: "You're Making Me a Crazy Person"**

Several years ago I was seeing a wonderful girl named Kelly (she's currently married and we're still friends. And no, Kelly is not her real name. Sheesh!). I absolutely adored her while we were together. And even though I was going through some tough times of my own during that relationship, I tried to make sure to tell her I loved her...

But Kelly's insecurity was like a dagger to my heart. She took everything I did or said as a referendum on our relationship. If I mentioned in passing that another girl looked cute she broke down crying and asked why I didn't find her attractive.

If I was five minutes late, she decided it was because I didn't really want to be with her. And if she found a picture of a woman I used to date (or even just drunkenly made out with one night) on my Facebook wall, it was nuclear winter.

Every time we fought over this stuff, she'd talk about how I was "making her a crazy person" or "making her act this way."

Over time (we dated for about 18 months) dating Kelly shifted from "fun, love, awesome" to "Oh, man, how much time am I going to have to spend reassuring her today??"

I firmly believe that her insecurity caused our relationship to die way before its time. (To go on record, Kelly and her husband seem very, very happy together and I couldn't be happier for them.)

## **OK, so why am I telling you these two stories?**

For a couple reasons:

1. Because I want you to pay attention to some particular language that's common to both Ana's messages on Facebook and my relationship with Kelly. Specifically, look at how Ana uses the word "make:" "He makes me feel insecure" and how Kelly used to say I was "making her a crazy person."
2. I think both of these stories are a great lead in to some tools and concepts I'm going to give you to help you defeat insecurity in your life and be a more confident, more attractive woman.

## **Insecurity Blasters: 6 Big Concepts to Help You Move Past Toxic Insecurity and Become Irresistible to Your Man**

Each of the concepts I'm about to give you could be lessons all by themselves, but I think it's important to group them here in order to keep you focused on getting results in your life and your relationships fast.

## **Big Concept #1: A Man's Relationship is not His Top Priority (and That's a Really GOOD Thing)**

I know from talking to my female friends that this one is almost impossible for women to get their heads around. After all, for most women their relationship and their families are the driving force behind their day.

But guys are different. Except for at the very beginning of your relationship with a man (when that chemical stew of pheromones is drawing him to you like a tractor beam) you'll never be the be-all end-all priority for him.

And that's actually a **good** thing.

I asked my girlfriend about this recently. I said "If you were my absolute top priority at all times, how would that make you feel?"

She gave me a sexy smile and said, "It would make me want to go hide under the couch or call the police on the crazy guy who wouldn't leave me alone."

Plain and simple, men need a purpose in life. They need a goal to go after. For a lot of guys that goal or purpose could be their job or a sport they like to play. Heck, it could even be fantasy football or being ridiculously good at video games.

But except for the very beginning of your relationship when love chemicals are wreaking havoc with his brain, his purpose cannot and **should not** be his relationship.

Why?

Because if a man actually focused all of his energy and all of his drive and all of his sense of meaning on you and didn't have other priorities... well, you really wouldn't like him very much. He'd seem like the kind of creep you'd never want to date or marry in the first place.

I mean, just imagine it for a second. Do you really want a guy who's OBSESSED with you, who rushes to answer the phone whenever you call, who NEVER goes out with his friends because he'd rather be with you,

who **constantly** checks in to make sure you're OK, goes to INCREDIBLE lengths to make sure you know how DAMNED MUCH he loves you, writes you little notes and acts like a wounded puppy when you finally say you've had enough and just need to go out with the girls?

Because that's not a husband or a boyfriend. That's a STALKER. Or maybe some kind of weird pet. I don't care how great some of that stuff sounds, if you actually had it you'd get freaked out pretty darned fast.

Now, I'm not saying you shouldn't be **a** priority for a man. You should be. And there certainly should be times that he drops everything for you, but if you're in your guy's top three priorities you're doing very well.

My girlfriend knows that my priorities are (in order)...

1. My business (writing stuff like this, speaking, appearing on TV, and reaching my goal of helping 1 million women around the world).
2. My body and my health. I work out at least 5 days a week and go nuts if I don't.
3. My relationship with her.

Will I give up a workout in order to spend a romantic night with her? Sure.

Will I put away the laptop at night so we can cuddle on the couch and watch TV? Yes.

But she knows that my job and exercise are huge parts of who I am. And she knows if I didn't have those two things in my life I would be neither the man she fell in love with nor a man she'd truly **want** to be with

## **Big Concept #2: It's Not Your Job to Make Him Happy (Or His Job to Make You Happy)**

This is a huge mind shift for most people, but it's worth it. You can't make a man happy any more than you can make him have an orgasm



(I always thought that language was crazy. Wouldn't "help him have an orgasm" make more sense?).

I first read about this concept in a book called *Passionate Marriage* by David Schnarch, Ph.D. Dr. Schnarch's writing is dry as dirt, but his research and his ideas are wonderful. And the biggest idea I took from his book was that trying to make your partner happy simply isn't your job in a relationship.

Your job as a wife or a girlfriend is to be a good wife or a girlfriend: To be there for your partner emotionally and physically, to talk to him, to take his side when he's having a fight with his boss, and to generally be in his corner no matter what.

His job isn't to make **you** happy either.

You're responsible for your own happiness and he's responsible for his. Once you let go of the responsibility of trying to make him happy and let him off the hook for making you happy, you'll open up some amazing doors for a truly connected and wonderful relationship.

## Big Concept #3: It's Not About You

If you remember the story about my ex-girlfriend Kelly, you'll remember how she tended to take everything I said or did and turn it around so it was somehow about my feelings for her. Which drove me utterly and completely nuts.

Plain and simple, **99% of what a man says or does has absolutely nothing to do with you** or how he feels about you.

Most men simply don't think about their wives or girlfriends that much when they're not around. When we're at work, we tend to be focused on work. When we're hanging out with the guys, we're focused on the guys. And when we're making model trains in the basement. . . well, you get the idea.

Guys are horrible multitaskers. We tend to focus on one thing at a time and basically forget about everything else until we're done. The great thing about this is that you don't have to take responsibility for his every little action and every little thought.

If you can assume that his forgetting to do the dishes just meant he forgot to do the dishes (not that he's sending you some passive aggressive message), how much happier would you be? How much easier would your life be?

If you want to live with (and love) men, the most important thing you can do is make a conscious choice **not** to read deeply into everything he says or does. Men aren't women, and men are actually pretty simple.

## Big Concept #4: There is No “Forever”

“How do I get him to love me forever?” is a question I get a lot.

And the answer is, unfortunately, you don’t.

Or, more specifically, the way to get a man to love you forever and to have a relationship that stands the test of time is to **forget about forever and focus on the now**.

Listen: **All** relationships end.

All of them.

Either you break up or one of you dies, but no matter what, you’re not going to spend forever with one man and worrying about what’s going to happen 5, 10 or 50 years down the line is a great way to send your relationship to purgatory now.

I asked my girlfriend once “Do you really want to be with big, hairy, messy, crazy me for 50 years?” and her eyes got wide like saucers and she looked like she was going to have a heart attack.

Love is in the moment. Romance is in the now. Breathe deep and focus on today and you’ll have a much brighter future.

## Big Concept #5: Your Lover Should Not be Your Best Friend

I have a best friend. I’ve known him for 17 years. He’s a great guy, but I don’t want to sleep with him.

More seriously, you can’t be your man’s everything and you shouldn’t try.

Should you and the man you invite into your life be friends? Definitely. But a love relationship is a unique beast and romance often requires mystery to be effective.

Plain and simple, your man is not equipped to be your emotional crutch all the time (any more than you’re equipped to be his) and that’s OK.

## Big Concept #6: The What He Did to Me Reframe

The final concept I'd like to leave you with in this section is what I call the What He Did to Me Reframe.

A “reframe” is a way of changing the way you look at the world or a situation. The term actually comes from hypnosis and neurolinguistic programming, but you don't need to know anything about that for it to work here.

If you look back at the Facebook wall story or my story about my ex-girlfriend Kelly, you'll notice that they both used victim language. Ana talked about how her boyfriend putting pictures of his ex on Facebook “made her insecure” and Kelly talked about how everything I did “made her a crazy person.”

Personally, I've noticed victim language from a **lot** of women over the years, both women I personally know, and in the hundreds of emails I get every day from women who buy my programs or follow my email newsletter. Victim language includes phrases like: “What he did to me,” “How he hurt me,” “He made me miserable,” and on and on and on.

The problem with victim language (and the victim mentality that goes along with it) is that it saps your power as an equal participant in a relationship and has a tendency to make you utterly miserable.

I'm not saying guys are blameless in relationships or that there aren't men out there who are cruel and awful to women. But I am saying that **the only person who can make you a victim is you**. And unless a man physically attacked you or **maliciously** hurt you, then he didn't actually do anything to you at all.

Using Ana's example again, her boyfriend put pictures of his ex up on Facebook AND Ana felt insecure and angry and wrote a message on my Facebook wall about it. But Ana's boyfriend didn't do anything **to her**. Ana's boyfriend did something. Ana had a reaction to it. Even if it's an irrational reaction, that's OK.

Another (more volatile) example could be with cheating:

Say that Dan slept with his co-worker while on a business trip even though he's married to Tara. Even in that case, Dan didn't do anything to Tara. I'm not letting Dan off the hook for cheating here. But I can

pretty much guarantee that his cheating on Tara wasn't actually about her. He wasn't thinking "Man, I really want to hurt my wife" while he was doing it.

Instead, Dan slept with his co-worker (we'll talk about why men cheat soon) AND Tara got hurt. This might sound like a trivial difference, but it's really not. Making that internal shift from thinking in victim language to thinking in more autonomous language can put you in control over your emotions and your life.

**So how do you actually do the What He Did to Me Reframe?**

It's pretty simple. Next time you feel like a man does something to you (he doesn't call you back, he stands you up for a date, he doesn't react the way you want him to when you put on frilly lingerie), simply take a deep breath and observe your emotions.

## **Summing up Lesson 4 (And Wow, it was a Doozie)**

**The number one question** women had in *The Secret Survey* was about how men really feel about them. Does he love me? Does he find me attractive? Will he be mine forever?

**The good news** is that many men responded to the survey raving about how much they love and adore the women in their lives.

**The bad news** is how frustrated men felt that their wives and girlfriends simply didn't understand how much they cared about them or didn't believe it when men said "I love you."

**Toxic insecurity** is a relationship killer and can turn even the most love-struck man on his heels and send him running for the hills.

**6 concepts to help you move past toxic insecurity:**

1. **A man's relationship is not his #1 priority (and it shouldn't be).** To be happy, a man has to have a mission outside of his relationship.
2. **It's not your job to make him happy (and it's not his job to make you happy either).** Your happiness is your own responsibility, and your responsibilities stop at the edge of his skull.

3. **It's not about you.** The vast majority of what a guy does or says has nothing to do with you.
4. **No relationship is forever.** All relationships end. Focusing on the future is the easiest way to make sure you don't have one.
5. **Your lover should not be your best friend.** Being everything to a man (or a woman) is too much for anyone.
6. **The What He Did to Me Reframe** can help you take responsibility for and control of your own emotions.

And here's your final thought for this lesson:

You're never going to know 100% that your guy loves you ALL the time (and honestly, there are going to be times he doesn't love you, just like there are times you don't love him). But if you constantly dwell on this fact and get insecure you'll actually push your man away. The more secure you are in his love, the more that love will grow.

## Exercises for Lesson 4

Choose at least one of these exercises to do before moving to the next lesson.

1. **Living in the now.** One of the biggest problems I see in relationships is women spending all their time worrying about the future and forgetting about the present. Take a deep breath and imagine you're on an airplane that's about to crash. Your man is sitting next to you. He's holding your hand so tight. You have 30 seconds before you hit the ground. You have no future together whatsoever so there's no point in worrying about marriage or kids or if he might cheat or anything like that. In that moment, how do you feel about your relationship? How do you feel about your man? Find him. Tell him what you love about the relationship you have RIGHT NOW.
2. **Use the What He Did to Me Reframe.** Next time you're feeling victimized by a man (or by anyone, actually) pay close attention to your language and what you're thinking. Are you using victim language? Are you giving him all the power, responsibility, and blame? Change the language in your mind.

For instance, change "He's making me so mad!!" to "He's not giving me what I want. And I'm mad."

## **Up Next: Why does he look at other women?**

In the next lesson we're going to enter dangerous waters and start our discussion about what men really think about other women.

# **Lesson 5: Why Does He Look at Other Women?**

**By Michael Fiore**

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## Lesson 5: Why Does He Look at Other Women?

“Why does he look at other women?”  
“Does he look at porn?”  
“Why does he LIE to me about looking at porn?”  
“How do I get him to look at me and ONLY me?”  
–*Secret Survey* results from women

Jake’s head snapped around like he was in a car accident. He felt a little twinge in the back of his neck like he’d strained something, but maybe it was worth it. Because she was beautiful.

Full lips, dark hair, a flirty little skirt. And those eyes. He ran his gaze from her ankles up her calves. He was briefly hypnotized by her thighs. The whole world seemed to slow down as his eyes traveled across her body, and when she glanced over at him he felt a silvery thrill as his brain released a cocaine-rush of dopamine.

He drank her in with his eyes like a starving man in the desert. Every curve. Every angle embedded itself in the deep lizard folds of his brain. He wondered what she smelled like. He wondered what she tasted like. He imagined what it would feel like to have her under him. To take her. To possess her. To make her his.

And then she was gone and time moved forward again. He went back to eating his sandwich and bullshitting with his friend Tim. He thought about tonight and how he was going to surprise his girlfriend, Jenny. He’d been planning this night for weeks. He couldn’t wait to see the smile on her face. He only hoped she knew how much he loved her.

---

If this were a *Star Trek* episode, this is where the alarm klaxon would start going off, because we’re about to enter **dangerous territory** and stuff you **probably don’t want to hear**. But I’m going to tell you anyway.

I promised you at the beginning of this program that I was going to be 100% truthful with you about how men think, what men want, and how men think about women, but for me to do that I need you to promise me that you’ll take this seriously, that you’ll read everything I’m about to tell you, and that you’ll do everything you can to empathize with men



and realize that just because men are **different** than you, that doesn't mean they're inferior.

OK, I'll get off my soap box now. (I feel like a disapproving professor when I talk about that stuff.)

In this lesson we're going to cover two separate but related topics. First we're going to talk about why men look at other women in the **real world** (like that waitress with the nice butt at the restaurant you used to like so much).

Then we're going to talk about every woman's favorite topic: **pornography**. I'm going to give you some shocking statistics about men and pornography, tell you **why** men look at porn (or at least HAVE looked at porn in the past if they don't actively look at it now... I personally don't know any guys who don't watch porn, but they probably exist in some village in the rain forest somewhere) and explain how to handle pornography in your relationship so it doesn't become a big issue.

Let's get to work. The first question we need to answer is...

## **“Why do men look at (and lust after) other women?”**

... and what do his wandering eyes MEAN to you and your relationship.

After all “Why does he look at other women?” isn't the REAL question, is it?

The real question is: “Does he think she's prettier than me? Does he wish I looked like that? Is he going to leave me for her? Would he rather be with her? Is that the body type he wants and why don't I have it?” and a whole gamut of other questions rooted in insecurity. (If you haven't already, go read all about toxic insecurity in the previous lesson.

But before we address all these secondary questions, let's just answer the first question as directly and simply as we can.

## **Men look at other women because men like looking at other women.**

(I told you it was going to seem unsatisfying at first.)

Men look at other women because it **feels good** to look at other women, because it causes all sorts of fun stuff to happen in his brain when he looks at other women and because (and this is thanks to thousands and thousands of years of evolution) he couldn't keep himself from looking at other women if he tried.

It's not what you wanted to hear, but it is pretty liberating: **if your man looks at other women, it has little or no bearing on how he feels about you.**

Go back to the story I opened this chapter with. I wrote it based on actual experiences of both myself and other guys I know, but I also wanted to very specifically show a common situation: A guy looking at a woman, being attracted to her (on a basic level) and overwhelmed by her and then immediately going back to thinking about his girlfriend **because lusting after some random girl has nothing to do with how he feels about his relationship or the woman in his life.**

To a lot of women that kind of brain shifting seems almost impossible. How could a guy look at a girl like that, think dirty thoughts about her, and still love and adore his girlfriend?

Well, he can do it because he's a guy and because his physical attraction to other women and the knee-jerk reaction he has is in no way connected to his attraction to and love for his girlfriend or wife.

Your boyfriend or your husband looking at another woman (or even acting like an idiot over some girl in a magazine spread) does **not** mean he doesn't find you attractive, it **does not** mean he's going to cheat on you, it **does not** mean he doesn't love you... it doesn't mean anything about you at all.

And I can tell you from my own experience (and from the dozens of emails I get every day) that a woman who has the confidence to not be bothered by her man looking at other women has a much better chance of keeping a man happy and attracted to her and craving her than a woman who freaks out and thinks a man should only ever be attracted to **her**.

## **Inside the Mind of a Guy...**

I want to invite you inside the head of a pretty average guy. Me.

As I'm writing this I'm 34 years old. I'm in a very happy relationship with an amazing woman who I utterly adore. I make my living by helping men and women have better, sexier, and more fun relationships. And like all guys I've got a dirty mind. (Actually, my mind might be slightly dirtier than most. Or maybe I'm just better at talking about it.)

The point here is there's nothing really special or different about me except for I've spent years and years coming to terms with my "maleness" and accepting it (as opposed to a lot of guys who are ashamed of their desires).

And as a regular guy I can tell you that if you date a heterosexual male who has any testosterone at all, he'll not only LOOK at other women on a daily (hourly... minute-ly . . . OK, all the time) basis. . . but he'll flat out imagine these other women naked, sweaty, panting, and doing all sorts of dirty things. And it doesn't mean a thing.

Yesterday I decided to take a journal along with me and mark down when I caught myself looking at women out in the world and what kind of thoughts and responses they caused in me. I'm going to share exactly what I thought with you (My god, this is embarrassing. Why am I doing this? Oh yes, for science! This stuff is going to get me arrested).

### **Here's my timeline from when I left the house in the morning until I got home at night:**

7:45AM - Stared at my girlfriend as she got out of the shower. Marveled at her body. Felt a hunger rising in me. Walked over to her and gave her a big hug and held her against me for a kiss. Thought about dragging her back to bed, but there wasn't time.

8:00AM - Surfed the web a little bit. Checked in with one of my favorite porn sites for a few minutes and masturbated before leaving for work.

8:30AM - Headed towards the office. On the way there, saw a stunning college-aged girl standing at the bus stop. Felt my eyes drawn to her ass like a magnet. Fixated on the way her jeans held her and very briefly imagined her bent over in front of me. Kept walking.

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## LESSON 5: WHY DOES HE LOOK AT OTHER WOMEN?

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8:45AM - Sat down for breakfast at my favorite spot. Got my pancakes and bacon and eggs. Swept my eyes briefly over the waitress and her low-cut shirt and her lips. Texted my girlfriend a brief “You looked so delicious this morning” message.

9:30AM - At my office. Caught myself staring at the hips of one of the women I work with. She’s a beautiful, intelligent, dorky, awesome girl. And for that brief moment her body called out to me like a lighthouse. Said hi and marched back to my desk to write.

11:00AM - Took a break from writing to surf the web for a few minutes. Got lost in the “flesh messages” broadcast all over the internet.

5:00PM - Left the office and headed to the gym to do the day’s Crossfit workout. Watched a good (female) friend doing squats. Tried to push an overt appreciation of her backside out of my mind. Failed. Laughed it off. Sweated through a brutal workout. Lying on the floor in a puddle of my own sweat, thanked some higher power for tight workout shorts worn by the girls in my class.

7:00PM - Got home to my woman. Got lost in the smell of her and focused all the stimulation from the day on her.

### **A few big points...**

1. This is really just a taste. If I actually marked down EVERY single time my eyes drifted to a woman’s ass or breasts or collar it would take up this whole program and I’d get disgusted with myself.
2. This is just one day, and really not a day that I was exposed to a particularly high percentage of women I personally like to look at.
3. From talking to my male friends (and thousands of guys who follow me online), I’ve found that most men are the exact same way. We drift through our lives in a state of **constant sexual attention and stimulation**, feel powerless in the face of beauty (or a girl in a short skirt), and devour the images of women in our everyday lives like a sumptuous feast.

And then (most of us) go home to the women we love without any feelings of hypocrisy and without giving it another thought.

## So Why are Guys Like That?

OK, now after going through my (embarrassing and somewhat graphic) timeline, you might be wondering WHY guys are like that?

After all, women aren't like that. Women don't imagine jumping every guy they see. Are guys all perverts? Should you swear off men forever and go date women? Or maybe get a dog. A dog would be good. A dog would never look at other women.

Calm down a sec and...

### Let me just tell you a few simple facts about men:

**1. Men are VISUAL creatures.** A lot of men (like me, actually) **think** in images, as opposed to words or sounds. In a lot of ways, guys are **slaves to our eyes**. We really **can't** ignore what we see and we're turned on by what we see way more than women are.

If you think about it this way you might realize what kind of **torture** it is to be a guy these days because images of hot women in a state of sexual heat are literally **everywhere**.

I blame the media for this (sex sells), but the fact is sexual images designed to bore into the skulls of men are EVERYWHERE and just walking through the world (or flipping through a magazine, or going online) and trying not be sexually engaged is like walking through a chocolate factory (with that amazing smell wafting into your nostrils) and not wanting just a little bite. Impossible.

**2. Genetically, men are hard wired to want a LOT of sexual partners.** We're not wired for monogamy (and neither are women, actually. Check out a great book called *Sex at Dawn* for proof).

The short version of this argument is that men are designed to seek out a wide variety of sexual partners over their lifetimes and spread their seed as far as they can.

From a biological standpoint, this makes a lot of sense (since it promotes genetic diversity and increases a guy's chances that at least one of his kids will live long enough to pass along his genes).

From a social standpoint, it sounds like lazy BS or a lame excuse a guy would make to get himself off the hook, right? Unfortunately, just because it **sounds** like lazy BS doesn't mean it's not true.

David Deida tells a great story in one of his books. He asks a group of men at one of his seminars, "Which would you rather have, a magazine with 50 pictures of the single most beautiful woman in the world, or a magazine with pictures of 50 different reasonably attractive women."

And **every single guy** says he wants the magazine with more variety.

The important thing to understand here is that this isn't a flaw of character (oh, he SHOULD just want one woman but he CHOOSES to want a whole bunch). Character has nothing to do with it (and neither does morality). It's just plain biology for a man to crave and want and lust after and look at and sexually assess every attractive (to him) woman he sees.

Now, I'm not saying a guy should **act** on those impulses or desires or that he even really **wants** to act on them, but they're there. And as a woman you can either get **mad** about it or you can accept it and use it to your advantage (we'll talk about that later).

So going back to our core point. . .

## When a Man Looks at Another Woman. . .

- It's not because he doesn't love you.
- It's not because he doesn't find you attractive.
- It's because **millions of years of evolution** have designed him to **always** be on the lookout for sexually mature women he could mate with and get children upon. (Wow, I can't believe I just wrote "get children upon.")
- **No matter how in love or devoted a man is to you, nothing short of castration or stabbing out his eyes is going to stop him from looking at (and lusting after) other women.** (Please don't do that. Really. Seriously. Don't. You'll go to jail, and then you'll NEVER get a man).

## The Douchebag Exception

I should make one quick exception here. The “douchebag exception” is for guys who aren’t worth dating or marrying in the first place. These guys are really easy to notice because they’re the guys who are goggling over the waitress (or the college volleyball team at the bar) while **sitting at the table with their date**. And to me, that’s just unacceptable behavior.

Yes, your guy is going to **notice** if the waitress has a nice ass, or if the volleyball players are doing shots off each other’s impossibly firm abs, but if he’s 23 or older he should be socialized enough to know that he shouldn’t **stare** in front of you.

OK, now that we’ve talked about why guys look at other women in the real world, let me dig an even deeper hole for myself here and talk about...

## Pornography

OK, let me just open this up by saying something that’s probably not 100% true:

### All Guys Watch Pornography

OK, maybe not all, but enough that the percentage of guys who DON’T watch pornography is so small it couldn’t be found on a graph.

Straight guys watch pornography. Gay guys watch pornography. White guys watch pornography. Black guys watch pornography. Even guys who try to pass laws AGAINST pornography secretly watch pornography (and usually they’re the ones who watch the REALLY dirty stuff).

As a woman who digs men, you need to take a deep breath and accept the fact that any guy you get involved with is going to watch porn. The only question is going to be whether he’s honest with you about it or if he hides it like a 15 year old petrified that his mom might find his *Playboys*.

Actually, a ton of the *Secret Survey* answers from guys were about pornography, about how guys wanted their women to know that their watching

porn had absolutely nothing to do with their relationships and (occasionally) about the exact type of porn that really turned these guys on and how hot it would be if their women would watch it with them.

Now, there are some very valid reasons for you to dislike pornography (some of it is extremely degrading to women and the women involved in that business usually have their fair share of issues).

But that doesn't change the fact that every guy you've ever dated and every guy you ever will date watches pornography.

## **So What Does the Fact that He Watches Porn Mean?**

I bet you can guess where this is going =-). The fact that your husband or boyfriend or that guy you just started dating watches porn means. . .

- That he's a guy.

And that's really it (even though you're not supposed to make a list with just one bullet).

His watching porn doesn't mean he doesn't love you, that he'd rather you wore stripper shoes all the time, that he's going to leave you, that he's a pervert (not more than any other guy), or anything like that.

There are some valid arguments against porn and how it can set unrealistic expectations for guys about what sex is really like (especially for kids these days who get access to the an entire buffet of perversion from the moment they figure out how to get around those wimpy web browser censors).

But those arguments aren't actually going to stop your guy from watching porn. Hell, NOTHING is going to stop a guy from watching porn. Guys lose their jobs for watching porn at work all the time. Guys get ARRESTED for watching porn in public places.

Now, one question a lot of women ask is. . .



## **Does He Want ME to Act Like a Porn Star?**

And the answer is “yes and no.”

We’ll talk about sex stuff and male fantasies in Lesson 8, but I’ll tell you right now that most guys are completely capable of separating pornographic **fantasies** from the reality of being with a real-life living and breathing woman.

I can tell you from personal experience that there are things I’ve watched in pornography that I would never want to try myself. And if I ever got hit on by a stripper or a porn star, I’d run the other way and take a very long, very hot shower with a Brillo pad.

I totally understand if most pornography freaks you out or even disgusts you. A lot of women have a powerful knee-jerk reaction to pornography and the objectification of women in that way. But it doesn’t change the reality.

One of the smartest things you can do to have a more intimate and better relationship with a guy is to actually make a game out of watching pornography with him (and there are some great production companies out there doing more erotic female and couples-based stuff that don’t have the trappings of most misogynistic guy-oriented videos).

That said...

## **If Pornography REALLY Bothers You**

1. Whatever you do, do not freak out and forbid him from watching pornography. All guys watch porn (except for the Amish and that one weird guy who has a fetish for silly putty). Forbidding him from watching porn (or going nuclear because you found some in his browser history) won’t keep him from watching porn, it’ll just encourage him to be more careful, to feel like he can’t be himself with you, and to lie to you about what he’s doing in the bathroom with the iPad.
2. A better option is to share a convenient lie. If pornography bothers you, you and your man need to make a deal. You agree not to hassle him about it or make him feel bad about it, and he’ll agree to be polite and not rub it in your face or leave it on a shared computer.

3. Remember, his watching pornography isn't really about you at all. Yes, I know this can be hard to accept, but it really is true. If anything, a guy watching porn can be GOOD for your relationship because it allows your man to have the fantasy of having sex with a variety of women and acting out his deepest kinks and fetishes without actually going out and having sex with a variety of women or cheating on you.

### When Porn is a Problem...

Even though I just spent the last couple pages vehemently defending pornography there are, of course, situations where porn is a real problem in a relationship. And that's when a guy develops a strong pornography **addiction** to the point where **all he does** is watch porn or where he'd rather watch porn than spend time with an honest to god living woman. But the problem there isn't that he watches porn it's that he watches TOO MUCH porn. Remember porn isn't in itself a problem. Got it? Good.

## Summing Up Lesson 5

Wow, this one was a doozy, huh? Hopefully you don't hate me yet =-)

- **Men look at other women because they like to look at other women.** A man looking at other women doesn't mean he doesn't love the woman in his life or doesn't find her attractive.
- **Men are VISUAL creatures** who are evolved to want a wide variety of sexual partners in our lives. Trying not to look at other women is completely counter to our biological programming and is essentially impossible.
- **The best way to deal with your guy looking at other women** is to accept it and laugh it off. If you show confidence in your man's love and attraction it will geometrically multiply that love and attraction. If you freak out and act insecure because he looks at other women, it can be very damaging to your relationship.
- **The experience of being male means being sexually tuned in and turned on all the time.** Being told you can't look at or fantasize about other women is like taking a tour of a chocolate factory and being told you can't want a bite. Impossible.

- **Just because a man looks at other women doesn't mean he'll cheat on you.** We'll cover cheating in the next lesson and it's really a separate issue.
- **All men look at porn** (especially moralistic televangelists. Man, I hate hypocrites).
- **If you forbid your man from looking at porn, he'll simply lie to you about looking at porn but will keep looking.**
- **No, he doesn't want you to act like a porn star.** Just because he watches something on a screen doesn't mean he wants it in real life. (Though sometimes he does.)
- **The best way to deal with pornography in your relationship is to...**
  1. Accept it and even watch some pornography WITH your man. (This can be a great experience.)
  2. Have a convenient lie where you don't hassle him about porn and he doesn't rub it in your face.

## Exercises for Lesson 5

1. Next time you catch your guy looking at another girl, say, "She's pretty cute, huh?" See what your guy's reaction is.
2. Block off one hour to watch male-oriented porn. Start with the relatively vanilla (straight guy on girl) stuff.
3. (Advanced) **Let your guy catch you watching porn.** Seriously. Set it up so he catches you on the computer watching something dirty. It doesn't really matter what it is. Far from being threatened, he'll probably find it insanely hot.

## Up Next: Why Men Cheat (And How to Cheat-Proof Your Relationship)

In our next lesson we're going to talk about CHEATING - WHY men cheat, what cheating MEANS to your relationship, and how to make cheating on you a totally alien idea in his mind.

# **Lesson 6: Why Men Cheat (And How to Cheat-Proof Your Relationship)**

**By Michael Fiore**

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## Lesson 6: Why Men Cheat (And How to Cheat-Proof Your Relationship)

“Would he cheat on me?”  
“Is he cheating on me?”  
“Does he still want his ex girlfriend?”  
“Does he think she’s sexier than me?”  
–*Secret Survey* responses from women

Where was he?

Fiona had been waiting for hours for Martin to come home to her. She’d had said it was OK for him to meet up with his ex-girlfriend from college, but she hadn’t meant it. She hadn’t meant it all and now she felt like a fool. She’d plastered a fake smile on her face and tried to relax her shoulders and act like she wasn’t threatened. And ever since he’d kissed her goodbye she’d been miserable and tortured. Lost in her own mind. Imagining him with that woman she’d only met once. The two of them tripping down memory lane at some hotel near the airport.

She couldn’t get it out of her head. She couldn’t shake it. The anger. The hurt. The suspicion. She pictured them, drunk and flirty and stumbling to that woman’s hotel room. She pictured Martin’s face buried in her neck. His hands on her waist. And the longer she waited the larger it got. Until a meanness built in her mind. Suddenly she wanted to call her ex-boyfriend Cliff. Invite him over. Give herself to him like he’d wanted for so long. Show Martin how it felt. Show that son of a bitch what it was like.

But she didn’t. She just sat on the couch with her fingers chasing each other and tried to breathe. In. Out. In. Out.

It went on forever.

And then she heard the key in the latch. His heavy footsteps on the stairs.

“Hey, babe,” he started to say as he put his briefcase down. But the sound died in his throat.

She scanned up and down his body like detective searching for clues. All she could feel was a horrible anxiety. She looked for lipstick marks. A guilty face. She walked over to him and inhaled the scent of him. Was that perfume she smelled? Was that a smirk on his lips? She reached for his cock and felt him stiffen against her palm. He was hers, dammit. Hers.

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This is one of those topics that gets me in trouble and floods my email inbox with a frothy mixture of righteous anger and thankful praise.

But hey, you gotta do what you gotta do. =-)

In this lesson we're going to talk about **cheating and infidelity**.

We're going to discuss **WHY** men cheat on women (and why women cheat on men), what it **means** when a man cheats on a woman, what cheating actually IS, what goes through a man's mind when he has the opportunity to cheat, and what you can do to make your relationship as cheat-proof as possible and keep the specter of cheating (and insecurity over a man cheating on you) from killing your relationship.

If you're like most women it's going to be a challenging lesson that will send a torrent of emotions through your whole body and challenge a lot of your ideas about infidelity, cheating, and even about yourself.

So take a deep breath. Whether you've been cheated on in the past (and I know if you have that the story at the beginning brought up a lot of emotions), have cheated on men yourself, or think the whole idea of cheating is kind of silly.

Before I get into the good stuff here, I need to cover a few bases about cheating so I know we're all coming from the same place.

## **A Few Big Points about Infidelity and Monogamy:**

### **Point #1: Cheating Sucks**

If you've ever been cheated on you already know this.

Finding out makes you feel like you got punched in the gut. You feel betrayed. Violated. You feel like that man (or woman) ripped your heart out and fried it up with some onions for dinner. I've only been cheated on once (that I know about) and while I was able to forgive the woman for it and move on, it was a really unpleasant experience. I firmly believe that if you make a promise to be sexually monogamous with somebody, you should do everything you possibly can to keep that promise.

## **Point #2: Even Though Cheating Sucks, It's Ridiculously Common**

Between 30% and 60% of married people **admit** to cheating during their marriage. Those are stats for both men AND women (the stats for men are a few percentage points higher than for women, but women's stats have been rising for years.).

And those are just married people. A whopping 80% of people admit to cheating on girlfriends or boyfriends at some point in their lives. Get any one of your friends drunk enough to tell the truth, and they'll probably have some story about how they got drunk at a bar and made out with the hot bartender with the 12 pack abs. Most people don't talk about it, but cheating is REALLY common.

## **Point #3: There's Cheating and there's Cheating**

I got a question on my Facebook wall recently from a woman asking me if I thought flirting was cheating. It sparked a big, long debate, actually, with some women saying that even the lightest flirtation was the death knell for a committed relationship and others sighing in exasperation.

Personally, I think that stopping flirting with other people (at least in a playful way) is downright deadly to a relationship. I deal with a LOT of men and women every day who talk about how dead they feel sexually and emotionally after a few years together. How they just don't feel attractive to the opposite sex anymore, or how they feel suffocated by having to shut that flirty, fun, sparkly side of their personality down.

And relying on just one person to appreciate you emotionally and physically while denying that kind of energy from everybody else can really be toxic.

If you do your job right in a relationship, some non-serious flirting with other people can add a ton of energy and verve to your relationship. Having a guy hit on you reminds him that you're a beautiful woman worth pursuing. Having a girl flirt with him reminds both of you that he's a dominant, attractive man.

Obviously, there's limits on what's acceptable flirting (and there's a difference between flirting and seducing), but having insanely tight boundaries on your relationship can be suffocating to anyone.

There's no set line on what really defines cheating (Is kissing cheating? Is flirting cheating? What about having a flirty conversation online? Is hugging a girl cheating? What about talking about something personal?)

You need to define where your own line is. For the sake of this lesson, I'm defining cheating as having sex with somebody else.

## **Point #4: Human Beings Simply aren't Designed to be Sexually Monogamous**

(See, I told you I was going to get in trouble.)

I'm in a happily monogamous relationship myself right now. But I still think the idea of "lifelong monogamy" is a crock of shit. (Look, you made me swear.)

Every piece of research I've read (not to mention a LOT of emails I've gotten from people beating themselves up for even being attracted to someone they're not married to) tells me that human beings have NOT evolved to be monogamous.

In fact, our tribal ancestors were kind of sluts. And despite our iPads and cool cars and super-tight pants, we really haven't changed that much.

Up until the dawn of agriculture (about 10,000 years ago) the whole idea of being monogamous and owning a man or a woman would have seemed pretty absurd. And if you study the few existing hunter-gatherer cultures still on our planet, you'll see that they have much looser interpretations of what it means to be monogamous or committed to somebody. (A great book to read on the topic of human evolutionary psychology and how we became the lusting, cheating, kinky creatures we are is *Sex at Dawn* by Christopher Ryan..)

Now, does that mean that we shouldn't TRY to be monogamous? Not at all. If you want to be monogamous and if monogamy is important to



you (for moral, religious, medical, or any other reasons) you have every right to pursue it.

But personally I think of monogamy the same way I think about flight.

The Wright Brothers **failed** to fly dozens of times before they finally got it right. They crash landed, busted up their bodies, and made their mom have repeated metaphorical heart attacks by insisting on strapping themselves into alien-looking contraptions and jumping off stupidly-high hills.

But nobody gets mad at the Wright Brothers for failing to fly. They just celebrate the fact that they eventually got it right (though with all the time I spend on planes, I kind of wish they'd gotten it wrong. I'm too tall for those damned coach seats.)

If you WANT to be monogamous then you should do the work that makes that possible, and you certainly shouldn't damn yourself to hell if you fail. Because monogamy is HARD. And it gets harder the longer you do it.

And if you're with a guy for a LONG time (and most of the women I talk to want to find a guy to be with FOREVER), the odds are that at some point in the next 60 years ONE OF YOU is going to cheat.

You can either bury your head in the sand about it or you can take a deep breath and accept it.

Whew. OK, now that we've covered the easy stuff, let's get to the real meat =-)

## So, Would He Cheat On You?

One of the biggest questions women had in the *Secret Survey* was "Would he cheat on me?" (Or "Will he cheat on me?" or "Is he cheating on me right now?" or "I found my boyfriend giving a naked golf lesson to my next door neighbor, do you think I have anything to worry about?")

And honestly, if you ask me a question like "Would he cheat on me?" you get a really simple answer:

Yes. Yes he would, **in the right circumstances**. (And you'd cheat on him too **in the right circumstances**, even if the idea of doing so sounds absolutely repellent now.)

Does that mean he HAS cheated on you? Nope.

Does that mean he WILL cheat on you? Nope.

Does that mean he IS cheating on you? Nope.

But the fact is, humans are BAD at monogamy, sex (and sexual variety) is the pink frosting covered temptation of relationships, and since your biology WANTS you to sleep with more than just one person in your life, staying the course and staying monogamous is an incredibly difficult thing to pull off.

## **I Would Cheat on my Girlfriend... But I don't because...**

I love my girlfriend. Honestly, I'm head over heels for her. She's goofy, beautiful, smells amazing, is great at being there when I need her, makes me laugh, feeds me emotionally and intellectually, and does things to me in the bedroom that leave me giddy and dazed. I can see her and me being together for years to come (though I personally don't believe in the "We're going to be together forever" mindset. **Trying** to be together forever is a great way to ruin your relationship now.).

And you know what? Even though I'm desperately in love with this woman, I know myself well enough to know that I would cheat on her **in the right circumstances**. I know that if I was in a situation where the temptation was strong enough, all that love and respect I have for my girlfriend would pale in the face of that undeniable tractor-beam of lust.

## **I look at cheating the same way I look at cupcakes.**

See, I've got a pretty bad sugar addiction. And there's a place called "Cupcake Royale" right around the corner from my gym that calls to me like a siren. Every day when I'm finishing up my workout, my brain starts drifting over to cupcakes. Pink frosting. Chocolatey goodness. As I do those last few burpees, or heft that last 350 pound dead lift I can feel it deep in the core of me. That craving.

I know that if I take a right up Pine Street toward my apartment that the temptation to go in and get a cupcake (and ruin all the hard work I do to stay in shape) will go right out the window. So in order to keep the promise I made myself about my diet, I don't take a right up Pine Street. Instead I take an alternate route home.

And in order to keep the promise I made to my girlfriend, I make a point of never being alone in a room with a woman who I know wants to sleep with me.

## **So What Does this Have to Do with You and Your Relationship with Men?**

Just that I'm not special as far as guys go.

All guys **would** cheat if they were with the right woman in the right circumstances and if they didn't have enough willpower left to deny the cupcake. (And all women **would** cheat if they were hit on by the right guy, who pushed the right buttons, and if she was in the right emotional state).

And just like in our last lesson about why men LOOK at other women, if a man cheats on you it probably wouldn't really be about you at all. It wouldn't necessarily mean he didn't love you, that he was going to leave you, that he wasn't happy with your sex life or anything like that.

### **So what would it mean?**

There's a study that came out a while ago that showed that 60% of men who cheated on their wives actually reported being happy in their marriages and relationships.

To women that sounds crazy. "How could he be happy in his marriage and sleep with someone else?"

But to guys it just sounds like common sense. To guys, sex and love are pretty well decoupled. Yes, we can have deep, emotionally connected sex. But we can also have sex with women we don't love (and don't necessarily even like that much) without any kind of emotional turmoil. And we're hard wired to crave sexual variety no matter how beautiful or sexy the woman we're with is.

## So Why Do Guys Cheat on Women?

In my experience, there are three reasons men typically cheat on women:

1. **To feel a sense of power and feed his ego.** There's nothing more intoxicating to a guy than the satisfaction of seducing a woman. And most guys (especially most married guys) stop feeling like sexually desirable creatures within a few years of getting hitched. Honestly, most guys in our culture don't feel like men at all. They sort of shuffle from place to place like zombies. And a new woman showing interest in a guy can be like a shot of cocaine to his self esteem.
2. **Because he doesn't have the willpower to say no.** I've gotten lots of emails from guys talking about how they ended up cheating even though they didn't want to. They went on a business trip, got drunk, and fell into bed with a girl from the bar. Or a woman targeted him and he simply didn't know how to say no (most guys have no idea what to do if an attractive woman actually hits on them.).
3. **To get sexual needs met that he doesn't feel like he can get from you.** We'll talk about this a lot more in the lesson on sex, but a lot of guys feel like they can't reveal their true sexual desires to the woman in their life, so they end up going outside the relationship to get those needs met.

Notice that that none of these reasons are really about you. I've never heard of a guy cheating on his wife or girlfriend **with the intention** of hurting her or as some way of getting revenge on her.

In general, guys don't justify their cheating or make up excuses for it, at least to other guys. (Though I've got a ton of messages from women saying they cheated on "that son of a bitch to teach him a lesson" or as revenge for him cheating on her.)

### A Quick Note on the Serial Cheater

The most heartbreaking emails I get are emails like this:

*"Michael, I need your help. I am in love with a man. He says he loves me and when we're together he makes me feel wonderful. But he cheats on*

*me constantly. He is sleeping with two other women and one of them is now pregnant. How do I get him to love only me? What do I do?"*

This kind of email is shockingly common, and it's also the kind of message that makes me want to become an alcoholic carpenter.

There's no subtle way to say this, so let me just be blunt: Some guys are just douchebags who don't respect women. I hate these guys and regularly write them mean messages when they email me.

If you're on my email list, you know I go pretty soft on one-off cheaters—guys (or women) who, after a stint of monogamy, mess up and end up cheating on their partner. If it just happens once and then fades away, I don't think it's a black mark on your character or that it means you're a bad person. You're human. It happens.

Heck, I'm even OK with folks who have an affair. They're with somebody for a long time, the spark fades, they fall into bed with somebody for a few months of passion, and then come to their senses and go back to their lives. Sucks. But again, it's human.

But serial cheaters are another matter entirely. If it's important to you to be in a monogamous relationship and a guy has shown again and again that he can't live up to the promise he's making to you, you need to leave him for your own sanity and self esteem.

It'll hurt to cut it off. It'll feel like failure at first. But being with a man who won't give you what you want is a great way to end up miserable. You deserve better. And a guy (or girl) who cheats again and again isn't going to change his spots. He needs to be single (or be in a non-monogamous relationship).

## **So How Do You Cheat Proof Your Relationship?**

OK, now that we've covered why men cheat, how common cheating is and that, yes, all men would cheat in the right circumstances (especially those right wing moralists you see on TV or in Congress. You ever notice it's the guys who shout the loudest about the EVILS of sex who are doing the worst things behind closed doors? Interesting.)

So how do you cheat proof your relationship? Honestly, there's no way of making sure your relationship stays 100% monogamous for 50 years, but here's some quick tips that definitely increase your chances:

1. **Open Palm Method.** The tighter you hold a bird, the more likely you are to crush it. Accept the fact that you and your man are both human, that he's going to desire other women sometimes (and fantasize about them) and that it's not about you. It's simply part of being a guy. If you hold your relationship too tight, you're likely to crush the life out of it.
2. **Talk to him like a guy.** If I was somebody else, I'd be talking about "open communication" here. But instead I'm just going to say this: Talk to your guy like a guy. Admit your own flaws. Admit your own desires, how you sometimes think about other men or that you're occasionally attracted to other guys you know, and let him know that it doesn't change your feelings for him. When you open the door that way, you'll find him much more likely to admit his own desires and private thoughts (as long as you don't freak out when he tells you the truth.).

## Summing up Lesson 6

I feel like I could write another 10 pages on this topic, but to sum up...

- **Cheating sucks** and if you make a promise to be monogamous, you should keep it.
- **Even though cheating sucks, it's ridiculously common.** 30% - 60% of married people admit to cheating on their spouse. Women cheat almost as often as men do.
- **Cheating means different things to different people.** You need to set your own parameters about what cheating actually means to you.
- **Humans are NOT naturally monogamous.** This goes against a lot of religious teachings, but science has shown conclusively that humans just aren't "built" for monogamy. That doesn't mean you shouldn't be monogamous if you want to be, but that you should accept that **monogamy is hard**. It's something to strive toward and you might end up failing.
- **All men would cheat in the right circumstances (and all women would, too).** Those circumstances vary wildly from guy to guy, but lust is an incredibly hard thing to deny. Any guy who finds it "easy" to stay monogamous long term simply doesn't have many opportunities to be with other women in the first place.

- **Most of the time when a guy cheats it has nothing to do with you or how he feels about you.** For most men, cheating is about feeding his ego/desire to feel powerful, satisfying basic biological urges for variety, or acting out desires he doesn't feel like he can act out at home. Only very rarely do guys cheat because of their wives or girlfriends. For guys, sex is often just sex and isn't even about their relationship or how happy they are with it.
- **Serial cheaters are douchebags.** To me, if somebody cheats once over a long period of time it can be forgivable. But if a guy has cheated on you again and again, it's silly to think he's going to change. You need to be with someone else and he needs to be in a non-monogamous relationship.
- **The way to cheat proof your relationship** is to accept that both you and your partner are flawed human beings. That you're both going to desire people outside of your relationship sometimes and to be honest about it. If you lead the way in being honest (and show that you can handle the conversation without freaking out), he'll follow.

## Exercises for Lesson 6

Just one exercise for this one and it's all about accepting your man for being human.

Take out a piece of paper and write on it (as many times as you want) "He would cheat on me in the right circumstances but he's not right now." Focus on the present tense and let the future take care of itself.

## Up Next - Reflected glory: what your appearance means to him

In the next lesson, we'll talk about whether how you look matters to a man, what your appearance says about him to other men, and how to be the beautiful woman he loves to show off (even if you aren't that impressed with your own looks now).

# **Lesson 7: Reflected Glory What Your Appearance Means to Him**

**By Michael Fiore**

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# Lesson 7: Reflected Glory

## What Your Appearance Means to Him

It was worth it just for the smile on his face when she walked in the room.

The hours of kickboxing classes. The stupid diet. The trip to the salon. It was worth it just for the way that he looked at her. The way he puffed up his chest when he saw her in her dress.

There was lust in Jim's eyes, sure. She was used to that. But beyond that, there was something else as he looked her up and down. Satisfaction. Pride. Power.

He wrapped his arms around her and shuffled her out to the car. On the drive to the party she caught him looking at her out the corner of his eye. She looped her arm in his and saw him sit up straighter in his seat.

She could feel the eyes on her when they walked in the door. Men scanning her up and down. Women envious of the figure she'd worked so hard for. She could feel a glow coming off Jim as he escorted her in the room. "They all want her," she could hear him thinking. "They all want her, but she's mine."

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### A Quick Warning:

In this lesson we're going to talk about what men think about your physical appearance and what men **want from you** when it comes to how you look, how other men and women react to you, what your physical appearance **means** to him, and how you take care of yourself.

And we're going to be brutally honest and possibly a little mean.

The guys I surveyed didn't hold back at all. They vented their frustrations and anger. I could sugar coat this stuff or say it in coded language, but if I did, I wouldn't be doing my job to let you know what's **ACTUALLY** going on in his mind.

This stuff isn't politically correct and it might offend you. But I'm going to say it anyway. OK? Good.

## **What Women Desperately Want to Know...**

Before we dive in here, let's cover some of the big questions women had in the *Secret Survey* about how you look and what it actually means to him.

This was a BIG topic in the *Secret Survey*, with a ton of questions from women about what men really think about their appearance (this is one of those things guys lie about a lot, because they know you wouldn't like the actual answer)... and a lot of guys being brutally honest (for the first time ever) about what your appearance really means to them.

Here's what women wanted to know:

- "Does he find me attractive?"
- "Does he want me to lose weight?"
- "Does he compare me to girls he sees on TV?"
- "Is he first attracted to a woman's mind, body, or soul?"
- "What does he think about me? Do I arouse him? Does he like my body?"

## **What Men Desperately Wish You Knew but are Afraid to Tell You...**

- "I'd like you to lose weight."
- "I wish you would dress up for me like you used to."
- "You've gotten fat."
- "It kills me that you don't seem to care about attracting me anymore."
- "60 extra pounds since marriage. Not so sexy."
- "She needs to exercise more."
- "How she looks, both body and attire, is important to me."

Now, if you're like a lot of women you might be reading this and immediately thinking...

## Why Are Men So GOD DAMN SHALLOW?

I mean, YOU don't care so much about how he looks, right? YOU don't expect him to look like George Clooney or Brad Pitt or have abs so well defined you could play checkers on them. YOU don't care if he's gained a few (or maybe even a whole bunch). So why is **he** so focused on your physical appearance and how you look?

Doesn't who you **are** matter? Can't he see past a few extra pounds? Can't he understand that after a couple kids and working all the time and keeping the house up you don't have **time** to go the gym every day?

Can't he see your **inner beauty** first and fall in love with your outer beauty later?

Unfortunately, the answer is "no." He really can't. And it's not really his fault. Just like a lot of infuriating things about men, his maddening desire to have a fit, beautiful woman on his arm is deeply rooted in evolution and biology.

We'll cover the concept of what **your** appearance means about **him** in a second, but first let's talk about how attraction actually happens for a guy.

### **"Is a man first attracted to a woman's mind, body, or soul?"**

I loved this question when I first read it in the *Secret Survey*. But it also made me kind of sad.

In a perfect world, I'd be able to say that men don't care how a woman looks when he first meets her...that he can see down to the core of who a woman is from their very first conversation, and that men are spending all their time trolling bars and surfing dating sites looking for a soul mate who truly completes them and who they can build a life with.

## But I'd be lying if I did.

Plain and simple, the first thing that attracts a guy to **any** woman is how she looks and if he finds her physically and sexually attractive.

Honestly, to prove this all you have to do is run a little experiment on a dating site (which is exactly what I did).

A few years back (when I was single) I started using websites like PlentyOfFish.com and OKCupid.com to meet girls I wanted to date (or just sleep with).

And I got **really** frustrated really quickly. Why? Because even though I'm a reasonably good looking and successful guy, I couldn't seem to get answers from any of the women who I wanted to date.

Now eventually I figured it out (the key as a GUY on a site like that is to send wholly unexpected and interesting messages that can't be ignored. Curious? Check out *Text the Romance Back*), but before I did, I decided to be a little dishonest and sneaky and scope out the competition.

How?

By creating a fake profile on OKCupid and **pretending** to be a woman. Basically, I found a couple pictures of a beautiful girl online, wrote a profile for her (which was awesome, I'll admit), posted it online, and waited.

Now, if you're a guy on a dating site, you usually don't get many women emailing you (unless, I hear, you advertise that your income is millions of dollars a year, and then the gold diggers come out).

But within 30 minutes of posting my profile as "Sasha," my inbox was flooded with messages from guys.

They were practically tripping over themselves to impress my fake girl (and most of them were making the boneheaded mistake of saying stuff like "You're so pretty!!" in their email. Losers).

What was really interesting was how the vast majority of these guys didn't even **mention** the profile I'd written (which I'd really slaved over and went into a lot of detail about Sasha's favorite bands, what she liked to do with her free time, and her deep and abiding love of her family).

Instead, the guys just hit on her like jocks hitting on a wasted cheerleader at a frat party, sent lots of pictures of themselves looking poetic with their guitars, and tried every piece of game they could to get this hot blonde to give them the time of day.

What's even more interesting is that when I eviscerated Sasha's profile and turned her from an interesting and intelligent neuroscience student to a ditzy nanny, she got the EXACT SAME AMOUNT and EXACT SAME KIND of messages.

## What Does This Actually Mean?

1. When it comes to online dating, most guys are dumb. (Seriously. The WORST way to open up a conversation with a woman on an online dating site is by talking about how hot she is. Dumbasses.)
2. When it comes to initial attraction to a woman, **physical appearance** trumps everything. I'm sure you've seen this with male friends of yours. . . guys who date absolute psychos, "mean girls," and "bitches" just because they've got a pretty face or a "rocking body."

## Here's How the Math of Attraction Works in a Guy's Mind. . .

**Step 1: "Is She Hot Enough?"** All guys have a bar they set in their mind for how hot or physically attractive a woman has to be for him to consider dating or sleeping with her. Some guys set the bar insanely low ("Is she breathing?"), some guys set the bar insanely high ("She must be a super model!!" - personally I've met plenty of models and always find them too skinny and vacuous, but hey), and some guys have totally different bars for women they'd have sex with versus women they'd actually date (we refer to these guys as "scum").

For most guys, the bar is set right around the quality of woman they think they can actually get to hang out with them. Once you've been a guy out on the dating scene for a while, you pretty quickly learn what level of girl you actually stand a chance with and tend to set your bar right around there.

**Step 2: "Is She Into Me and Do I Have a Chance with Her?"** Once a guy figures out if a girl is hot enough for him, he moves on to gauging if he actually has a chance of getting her number, getting her to make out with him, or getting into her pants. A lot of guys put crazy amounts of effort into learning how to seduce beautiful women. Other guys play a lot of Xbox.

**Step 3: "Do I Actually Like Her as a Person and Do I Enjoy Hanging out with Her?"** Weirdly enough, this step doesn't actually enter into most guys' minds for a few weeks or even months after he starts dating a girl. And a lot of guys will stay with a horrible, horrible girlfriend just because she's hot (even if they don't like her and even if she's horrible

in bed (which is a little like having a Porsche with no engine if you ask me).

Now, obviously there are variations. Sometimes a guy will meet a girl who he just clicks with or whose pheromones drive him absolutely batty or he'll just have that **ATTRACTION** he can't deny with a girl. Or maybe a guy will (I hate using this word) settle for a girl who's not as physically attractive as he'd like because he thinks he can't do any better.

But for all guys, **appearance matters**. It's not fair. It's probably not right. But it is true. And it's as true for me (as a hyper-emotionally aware relationship advice guy) as it is for any other guy. I love who my girlfriend is as a person, but I **never would have gotten to know who she is if I hadn't felt powerfully attracted to how she looks first**, and if she hadn't been hot enough for me to want to pursue.

## So WHY is How You Look so Important to a Guy?

There are actually two reasons looks are so incredibly important to a guy and to a guy's self esteem.

1. **Basic attraction.** Guys are VISUAL creatures. We're turned on by what we **see**, and our eyes (and the mind they're attached to) are our primary erogenous zone. If you're not a guy's physical type or if he's not visually attracted to you, you're going to have almost an impossible time getting his attention.
2. **Having a beautiful woman on his arm raises a man's status among other guys...**

## I call this concept "reflected glory." And it's incredibly important...

Most guys don't talk about this, but having a physically attractive woman who other men **want or admire** massively raises his status in a room.

I'm not going to spend a lot of time talking about status and tribalism and all that here, but the core idea is that all guys want to be the alpha of

the group... the most powerful guy who gets the most beautiful women and who's in charge. And one of the ways guys show dominance and power is by showing off the beautiful woman on their arm.

You see this a lot with Hollywood guys. If you ever watch a guy with his date on the red carpet, you'll notice that in many ways the tall, leggy blonde is kind of an accessory... she's a signal that tells every other guy in the room, "this man is important."

Now guys don't really talk about this stuff with each other, but we all subconsciously acknowledge it and subtly defer to the guy with the hottest wife or girlfriend (sounds silly, doesn't it?). Personally, I've experienced this myself on a few occasions. Most recently with a woman named Marisa who I dated for 6 weeks a few years back.

Marisa was gorgeous (actually, she still is): 5'10", long black hair, a great smile. And my favorite thing about dating Marisa was how having **her** on my arm made **me** feel, and how **other guys** acted towards me when she was with me. It seems like every time we'd go out, women would stop to tell Marisa how beautiful she was and guys would pull me aside to congratulate me on my girlfriend.

Ultimately Marisa and I were utterly incompatible (though we're still friends today). And even though I was less attracted to Marisa than I have been to many other women, the fact that she was considered to be a total knockout to the world at large made her really difficult to give up because of the reflected glory she gave me.

### **Does This Mean That Your Guy Needs You to Starve Yourself Thin, Pluck Every Unwanted Hair, Get Ridiculous Plastic Surgery, and Live on the StairMaster?**

No, it really doesn't.

I know that just reading this stuff can be disappointing and even horrifying to women who don't meet the conventional ideal of beauty. But even though your physical appearance IS important to a guy, it's not the **only** thing that matters.

Most guy's don't ACTUALLY **want** you to look like or act like a super-model or one of those girls on Jersey Shore (If my girlfriend started

plucking everything or wearing those silly high heels everywhere I'd be horrified).

But he **does** want you to be as attractive as you **personally** can be. Remember, **confidence** is the sexiest thing about a woman (confidence and amazing eyes that you get lost in. OK, I digress).

I'll tell you right now any guy in the world would rather have a size 10 woman who's confident and curvy (think of Marilyn Monroe: she was no bean pole) than a size 2 waif who is constantly hating herself.

Would he prefer that you lose a few pounds (if you've gained weight since you got together)? Sure, probably. But it's not the most important thing. The most important thing is to put forth the effort to be pretty for him. Lift your chin. Make eye contact. Flirt. Put on makeup. Start exercising. Only wear sweatpants when you plan on sweating.

Don't do it for the numbers on the scale or to impress anyone. Do it for the energy it'll give you and for the feeling you'll get being proud of your body.

I'll tell you right now as a guy that he wants you to put in the effort to dress up for him. He wants you to realize how important **visually** attracting him to you is and to put as much work into looking good for him now as you did when you first started dating.

If you need more proof, just read through the survey results. Read through the **pain** in the words so many of these guys put down. How desperately they want their wives and girlfriends to look good for them. When you'll do, you'll realize. . .

## **When You Stop Trying to Impress Him and Attract Him, It Kills Him Inside**

Worse than that, it causes him to **stop objectifying you** and stop seeing you as a sexual creature worth pursuing and seducing. And once that happens, you'll see his sex drive, his pride, and even his basic masculinity start to wane. That energetic man you fell in love with in the first place will just fade away.



## Summing Up Lesson 7

**The first thing a man is attracted to in a woman is how she looks.**

For men, attraction almost always starts with the visual and the physical and grows from there to be something deeper and more powerful. The Math of Attraction starts with if a woman is hot enough for him, and the personality aspect only comes in later.

**Men are so wired to respond to the visual and physical that they'll put up with bad girlfriends for a long time.** We all know guys who have been with bitches for way too long just because they look good (Just like we know women who have been with douchebags for way longer than they should).

**There are two reasons that a woman's looks are so important to a guy:**

1. Basic attraction: Men are visual creatures, and looking at a woman is his primary way of getting erotically turned on.
2. Reflected glory: Having a beautiful woman on his arm massively raises a man's status with other men (and with women, too).

**While guys do compare you to other women to some degree, most guys really just want you to be the best, most attractive, and hottest you can be.** Most guys I talk to don't really want a supermodel girlfriend. They want an idealized version of the woman they're with now.

**Don't stop trying to attract him.** Your being in shape, dressing up and being a pretty woman is important to him. (Just like his taking care of himself and being a strong, dominant man who you can respect is important to you.)

## Exercises for Lesson 7

This one's easy.

Pick a night when you and your man are planning on spending a quiet night at home. A night when you'd normally just get pizza and curl up on the couch with in your PJ's. Instead, get home before him. Spend some time getting dolled up for him. Show some skin. When he gets home, look at the light in his eyes. When he asks what the occasion is, just say "I just wanted to look good for you." See what happens.

## **Up Next: What Men Want Sexually (Seriously)**

Only one lesson to go (and it's a doozie). In our next lesson we're going to talk about what guys REALLY want sexually.

# **Lesson 8: What Men Want Sexually (Seriously)**

**By Michael Fiore**

**[www.whyhelies.com](http://www.whyhelies.com)**

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## **Lesson 8: What Men Want Sexually (Seriously)**

“What do you fantasize about?” Helen asked.

She was lying in Jack’s arms, little splotchy red marks on her neck where his stubble had rubbed against her. She felt sore and relaxed and wonderful. Satisfied and reveling in the feel of the hard chest of her man.

Jack just smiled that way he did when he wasn’t saying something.

He clenched his jaw at the question and if she’d looked up Helen would have seen a spark in his eye.

“Did she really want to know?” Jack wondered. And then the dirty images flashed through his mind. All these fantasies, all these wants, all these desires. He felt his cock stir as he thought about two college girls he’d seen earlier in the afternoon. He imagined them smiling up at him. Worshipping him. He thought of his ex girlfriend tied to a bed. He thought of Helen sweaty and panting and looking up at him with total adoration. Total submission.

In an instant he ran through every dark secret and fantasy he’d ever had. He held Helen tight against his side.

“You, honey. I just fantasize about you. I’m pretty boring.”

Helen knew he was lying. But it was what she wanted to hear. She reached for his cock. It was hard in her hand.

“Is this for me?” she asked, coy and happy.

Jack lay back and moaned.

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## One Final Warning:

OK, I shouldn't have to say this, but in this lesson we're going to be talking about dark, brutal, erotic, and **dirty** stuff. I could try to make this all clinical and scientific, but that's not what you're here for, is it? If you enrolled in this program, it means you want the unvarnished **truth** about men without any of the BS and airbrushing you get from *Cosmo* or romance books. And sexual desire and **need** (and sexual fantasy) is at the primal heart of men. Sex is the fuel that gets us out of bed in the morning. And getting sex (and the fantastic ego rush that comes with it) is why men build empires, create war, play sports, write sonnets, and do just about everything else beautiful and brutal in the world. If you took men's libido away, we'd be a small planet, green and lush and unspoiled. And there'd be about 35 of us left.

Some of what I write below is going to break your heart. I know, because it broke mine to write it. The reason I can do this job is because I can empathize with women more than most guys. But, like I've said all through this program, if you can read this stuff and **accept it for the truth it is**, you'll be well on your way to having the kind of sexual and emotional life you deserve. Ready? Let's go.

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Every man you know is a pervert.

I promise you, it's true.

Your husband. Your boyfriend. Justin Bieber (Oh, he looks so innocent). Your brother. Your cousin. That moral politician. That scheming preacher. The innocent and cute guy that works at the coffee shop and flashes you that charming smile every morning.

Perverts. All of them.

I know this because I'm a guy (and therefore a pervert) myself. I've lived 34 years with a guy's brain, and ever since I was 14 years old and my voice started to drop and hair started to spring up all over my body, I've had one primary driver ruling my every action and thought and attacking me in every moment of my life: pure, powerful, overwhelming lust.

Not love.

Lust.

Desire.

Craving.

Want.

My girlfriend recently asked me if I ever fantasized about “making love” . . . that kind of soft focus, connected sex that women write about in romance novels (right next to the seduction and ravaging).

I laughed and said no. I like making love with her. But like all guys, what I fantasize about is fucking.

And I’m not alone.

I’ve been in locker rooms with the boys. I’ve been at bars as we all go quiet when the waitress with the fantastic ass walks by. When this happens we all go completely still like we’re hunting a deer. Every man in the group watches. Absorbs. Remembers. We take her in with our eyes. Our breathing goes soft and slow. Time crawls. When she’s gone, there’s a brief pause as the air refills the room. And then we shake our heads in admiration and wonder and some of us say things like “my god, I want that.” And then we go back to our conversation, having bonded in our appreciation of a girl.

All men are perverts. All men are beasts. All men are ravenous and hungry. Every man is exhausted from holding back his lust. Every man is ashamed of the desires that evolution infused into his cells.

A man’s lust and desire is beautiful and annoying. And it’s the greatest weapon a woman has. So listen up.

In this lesson I’m going to pull back the curtain on the real sexual desires, wants, and needs of men. I’m going to give you a straight heroin shot of sexual truth about guys and what really drives us crazy. I’m going to give you everything you think you want to hear.

And what I tell you will probably scare the crap out of you.

Over half of the *Secret Survey* responses from guys were about sex in one way or another. And they’re the kind of things most men would **never** say if they ever thought a woman was in the room. In fact, I feel like I’m betraying my fellow guys in some way by showing you this stuff. The only way I can justify it is by remembering that the survey results are anonymous and by hoping beyond hope that some of the thousands and thousands of women who will read this will take this stuff to heart and use it to really understand men and treat them how they need to be treated.

I’m going to get into some of the specific wants and needs guys have (and reveal some truths about my own past and desires) in a minute. But first I need to tell you. . .

## What Sex Really Means to Men

Before I do that though, let me ask you this: What does sex mean to you?

Seriously. I've asked a lot of women this question and the answers are really fascinating. Some women say sex is about that **emotional connection**. It's about feeling close to your man, bonding him to you, making him love you more, feeling filled by him and possessed by him. All this soft focus stuff you see in romance movies.

(Guys do get some of that stuff, and sex **can be** a very emotional experience for us—I've fallen HARD for women after having a sexual encounter with them if the chemistry is right—but that's not what sex is **really** about for men, at least not at first.)

Other women say sex is about **physical pleasure** for them. It's about the energy that builds up in the pit of your stomach when you're with a man who really understands your body. How that warm, wonderful heat builds and builds until you have an orgasm that shakes your whole body and leaves you laughing and boneless, lying on the bed with a feeling of complete satisfaction.

For guys, how sex feels physically is maybe 10% of why we do it. Seriously, having an orgasm is really easy for most guys—I can do it in about 2 minutes—and most guys are so out of touch with their bodies and have such a hard time thinking of themselves as erotic beings that physical pleasure barely enters into it.

So if sex for guys isn't about emotional connection (mostly) and isn't about physical pleasure (mostly), then what the heck IS it about? Why will guys do almost ANYTHING to get into a girl's pants (and then often grow bored with her as soon as they do)?

It's simple. For men, sex mostly isn't about the emotional or the physical, it's about **power, validation, dominance, ego, and the satisfaction that comes from doing what we were designed for**.

Sex, for men, is about accomplishment. It's about the seduction. It's about having the power to give a woman incredible pleasure. It's about being the guy who can seduce a beautiful woman even when every other guy has failed. And it's not really about how sex feels physically or even emotionally TO A GUY at all.

## **The Easiest Way I've Got of Proving This is by Looking at Porn and Erotic Stories Written by Men**

If you've ever watched porn designed for straight guys (and you really should. If you can get past the knee jerk revulsion some women feel, it'll be educational), you may have noticed that straight porn isn't about the guy (or the guy's pleasure) at all.

Seriously, go watch some straight guy porn and then come back. Did you notice it? Did you notice that the guy in porn for straight guys is really just a prop? He's really just a stand in? He really doesn't **matter**.

Compare this to erotic movies designed for women. They're ALL about the girl and what she feels.

Straight guy porn doesn't focus on the guy's emotional or physical pleasure at all. Instead, it focuses on the physical and emotional pleasure the guy CAUSES (or even FORCES) the woman to have (or that she at least pretends to have for the camera).

Straight guy porn is all about women **giving in**, being **seduced**, giving up her resistance, and being overwhelmed by a man. Or it's about a man being seduced by a willing woman. And even then the actual sex is all about HER, HER PLEASURE, and what he DOES to her.

And if you read any kind of erotic story written by men, you'll notice the same thing. It's all about the **woman's** pleasure caused by a man. It's all about how the **woman** is overwhelmed by a guy. How his cock (ahh, men and our penis obsessions) and his sheer masculinity and all that stuff wears down all her defenses and turns even a prudish woman into (um, there's no other way of saying this) a slut.

Seduction. Satisfaction. Power. Dominance. Being the alpha male who women flock to. Beating out the other guy for a woman. Having women compete for us. All of this is like emotional heroin for guys.

## **Now, Does This Mean That Guys Don't Like Romance or Don't Like to Make Love?**

Not at all. We love that stuff. Kind of. A little. More seriously, guys can really get into making love. But left to our own devices, most guys would much rather fuck. Conquer. Take. Pillage.



In my opinion, one of the reasons men lose sexual interest in their girlfriends or wives over time is because the conquest aspect of their relationship is over.

Once you really get to know a woman and are emotionally bonded to her, a lot of the spark goes out of the relationship and it becomes difficult to objectify her properly (we'll talk about objectification in a minute).

When you see a woman as a 100% whole person (a wife and a mother and an equal) it can become downright impossible to let "the beast" out.

## **A Depth of Need and Shame: Sex is Not Just Sex.**

We're going to get into what guys really want sexually (as reported in the *Secret Survey*) in a second, but before we do, I want to talk about two deeply important and emotional concepts that surround straight men's sexuality (gay men have a whole other bag of rats to deal with).

**1. Men Have a Depth of Need for Sex and Sexual Appreciation.** Most women really can't understand how much men want and NEED sex. You might be thinking "Michael, if sex isn't about physical pleasure or emotional connection for men and is just about dominance and power and appreciation, why the hell does he need so much of it?"

And I'd look at you with a disapproving glare and wonder if you've been listening to me over the last 30,000 words.

In so many ways sex, sexual desire, and the need to be sexually wanted and appreciated (and to have our sexual ego stroked) RULES men. Above and beyond almost everything else, a man needs to be happy, there's the carnal need for sex.

It's easy for women to denigrate this. To look down on a man's need for sex. To say, "sex isn't that important," or to think guys are being shallow by needing sex so much.

But sex for men is as vitally important to who we are and our happiness as communication and connection is to women. It's serious stuff. And if you want to understand men, you need to accept it.

**2. Most Men Feel Horribly Neglected Sexually and Even Ashamed of their Desire.**

Ahh, shame. I know it well. I wish women could crawl into a man's mind for just a day and see what it's like.

There's actually a book I read some time ago by a lesbian who decided to live as a man for a year. She didn't have surgery or anything, but she did start taking testosterone treatments.

Pretty quickly, her voice dropped, she started growing facial hair, and for the first time in her life she really understood and had sympathy for men.

Why? Because as that potent testosterone cocktail hummed through her veins she suddenly understood how powerful and overwhelming masculine lust actually was. She started seeing women as sex objects (And as people. Yes, you can do both). And she experienced for the very first time in her life what it was like to have to PULL BACK on her desire.

Being a straight guy (with a decent libido) is a constant exercise in shame and frustration. As a guy, you want to **take and fuck** every attractive woman you see.

But (being a well socialized dude) you don't actually do it. And it's exhausting. It's like constantly walking around with a thick-necked Doberman on a leash and doing everything you can to keep it from pouncing on every woman you see. And along with that exhaustion and frustration comes a heavy dose of **shame**.

Shame that no matter how hard we try to control our libido, our desires, and our darker sexual impulses, they come up again and again. That we're basically slaves to them. That at any given moment we could mess up and give in to what we really want and ruin our lives in the process.

Being a guy is kind of tough, huh? (At least being a nice guy is.)

To really illustrate this and to hopefully inspire some sympathy for guys, I want to tell you a really personal story. In a lot of ways, this story is why I'm here writing this right now.

## **Why I Used to Hate My Libido (And How I Learned to Stop Worrying and Love It)**

First, here are two emails I originally wrote to my men's list:

**Email 1: She Goes To 11**

Hey, it's Mike Fiore from *Text Your Wife Into Bed*. . .

Occasionally I get emails from guys asking why the heck I created *Text Your Wife Into Bed* and got into this crazy business of helping guys have better (and dirtier) sex lives in the first place. . .

And the only way to answer that question is to tell a really personal story and talk about one of the worst periods of my life. . .

I felt like I wanted to vomit every time it happened. . .

I was in the kitchen at my girlfriend's house.

We'd been together for 3 years at that point. We had a goofy, fun relationship. I loved her to death. She was my best friend.

But when I leaned in to kiss her she closed her lips up tight like she'd just eaten a lemon. . . turning the passionate embrace I wanted into the kind of peck you get from an aunt.

When I wrapped my arms around her or grabbed her hips, she stiffened like a deer caught in the headlights. . .

When I looked her in the eyes and told her I wanted to fuck her she got this weird, scared half smile on her face. . .

And when we did have sex. . . (which was almost never) it was awful.

She'd just lay there gritting her teeth.

Waiting it out.

"Letting me" have sex with her, but doing absolutely nothing to fuck me or make love.

Until one day I just gave up. . .

One day we just stopped.

We became "friends" instead of "lovers."

And then (after I got drunk and made out with a curvy brunette at a business function. . . I can't even tell you how it felt to have

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*LESSON 8: WHAT MEN WANT SEXUALLY (SERIOUSLY)*

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a woman look at me with desire for the first time in years) we became “enemies” instead of “friends.”

I don’t know how I got into a relationship with a girl with no sex drive.

I mean, she hadn’t started off that way.

And for a while I thought it was my fault.

When we first got together she was passionate, present, dirty, eager, fun.

But a few years in everything changed. She “froze” and I couldn’t thaw her no matter what I tried...

And the constant yearning... the constant desire to fuck the woman I loved... the constant desire to be wanted... and the constant, brutal rejection destroyed me.

I’d lay in bed at night, staring at her, wishing I could make my lust go away...

Thinking there was something wrong with me.

And it wasn’t until years later that I realized how beaten down, bloodied, and abused that experience had left me.

Honestly, after we broke up I went a little nuts...

Studying female psychology like a man possessed...

Turning seduction into a sport.

Learning how to turn women on with nothing more than the flick of my thumb.

And wishing like anything that I could have “woken up” that buried spark deep in my ex girlfriend before her lack of lust ruined everything.

So that’s why I do this...

Because I know what it’s like.

I know what it’s like to feel that need...

To WANT that woman like nothing else in this world.

And to be turned down and rejected again and again.

**Email 2: The Worst Sex I Ever Had**

Hey it's Mike...

Last week I told you about how a three year relationship I had fell apart and basically exploded because of a total lack of sex...

But I didn't tell you the whole story...

Here it is:

I looked up at her and felt nauseous, like I was going to vomit.

She was naked, sweating, staring me right in the eye.

I could see the muscles in her stomach contracting, feel how wet she was, sense her orgasm building right there in the core of her.

It was going to be a big one.

She was going to scream and pant and end up exhausted and boneless on top of me whispering about how good it was.

And the fact that she was so turned on...

More turned on than I'd seen her in years...

I know this sounds weird, but it made me sick.

My jaw was so tense I thought I was going to break my teeth.

And finally I pushed her off me, mumbled a "I can't fucking do this," and walked out the door more furious than I can ever remember.

Why was I so mad?

Because this was the same woman I'd spent three years in love with...

Who let our sex life become as dry and boring and dead as communism.

When we were together (when she “loved” me) there was nothing I could do to turn her on.

But now that we were broken up...

Now that that high-school emotional connection we’d had was gone... well, suddenly she wanted to throw me down and ride me like a pony.

Suddenly all her excuses evaporated.

Suddenly she wanted to fuck just like she did when we first got together.

And it was the worst experience I ever had.

And it’s something I’ve honestly never forgiven her for.

So why is this important to you?

Because I know I’m not alone.

Every day I get emails from guys (and from women too, actually) wondering why the hell the lust just evaporated from their relationship.

And a huge part of why desire is destroyed in relationships is because you get too close to a woman.

You become “best friends”...

The danger disappears...

And it’s only when you bring that mystery back (either by breaking up, having a fight or some other methods) that she remembers that you’re a MAN...

That she objectifies you.

That she WANTS you.

I’ll give you some more tips and insights into how to turn a woman on without creating that massive emotional distance in the next couple days.

Later,

Mike

## **OK, Why Did I Share These Emails with You?**

Three reasons:

1. I thought you'd enjoy seeing how I talk to guys about this stuff. Notice how I'm keying on their desires and needs.
2. To let you see emotionally what sexual shame actually feels like.
3. This email got a TREMENDOUS response from my guys' list. Dozens of responses from guys who feel the exact same way I did years ago.

It's an epidemic.

## **OK, Now Let's Talk about What He Actually Wants Sexually**

The rest of this lesson is all based directly on what guys said in the *Secret Survey*. I haven't edited the responses (though I have, of course, expanded on them).

After you've finished this lesson, I recommend you go through the actual survey results from guys (I know, many of them are very dirty).

As you go through the results, try not to judge. Instead, focus on just how important sex actually is to guys.

The biggest mistake a woman can make is denigrating how important sex is to men. And if you really understand male sexuality, it will give you tremendous self confidence and power.

Some of the things guys said are pretty brutal, but my job is to tell you the truth. Sorry ==)

## **Fact #1: He Wants/Needs More Sex**

- “Women have sex when they feel connected. Men feel connected when we have sex.”
- “I want more sex.”
- “Want sex all the time.”
- “I need more sex!!!!”
- “That we need to have sex. Not just busting a nut, but intimate and personal sex. We want to please our women with our abilities.”
- “How big my sexual needs really are and my sexual fantasies”
- (There’s **a lot more**.)

–Men responding to the *Secret Survey*

Most men have a deep need for sex on a regular basis. How regular really depends on the guy (some guys are happy with a couple times a month, others want to have sex every day).

The key here is not to put a number on exactly how often you have sex with your man, but that you understand that regular, engaged, FUN sex (and not just “making love”) is a huge part of the care and feeding of a man and that agreeing to have sex regularly is just part of being in a relationship.

Now, one thing I hear from women a lot when I say this kind of thing is. . .

### **“But Michael, He Hasn’t Earned It. I Want Him to Seduce Me!!”**

Yeah, yeah, yeah. I know. You want your guy to crawl over broken glass and slay a dragon to prove his devotion before finally giving him the gift of your flower. Or something.

Here’s my question for you: Do you want to be right or do you want to get what you want? Do you want to FORCE HIM to do a bunch of stuff



he doesn't actually want to do and build up a bunch of resentment, or do you want to have a guy who adores you, who worships your body, who makes every cell in you catch fire, and is obsessed with keeping you safe by his side?

I get emails from a lot of women asking why the spark has gone out of their relationship and why the sex just isn't as good as it used to be.

A lot of it has to do with the conquest stuff I talked about before, but there's also the fact that expectations of gender roles can really kill a couple's sex life.

Plain and simple, if you want to have a great long-term relationship with your man, you need to make sex a priority and do everything you can to make sure you guys are getting close on a regular basis even if you're not particularly in the mood.

The cool thing is that if you take the lead here, he should eventually get the point and start giving you the seduction you want so much.

## **Fact #2: He Thinks You're Sexually Selfish and Boring in Bed**

Ouch.

This is one of those things guys will NEVER bring up with their women but that we talk about with our guy friends all the time. Guys in the *Secret Survey* mentioned it a LOT.

Most women (especially hot women) are really boring and selfish in bed. Actually, when I was single I had an observation about model quality beautiful women. The more beautiful a woman was, the more likely she was to be absolutely awful between the sheets.

I don't know if it's a religion thing or a culture thing or what, but a lot of women seem to think that letting a man have sex with them is the greatest gift they can give.

But our male survey respondents absolutely hated this attitude. One guy said:

“The number one thing I would want my wife to know but would never tell her is that I would like to try a different position besides doggie-style. I have a t-shirt with a different position for every day of the year on it. Hint!!”

Other guys just flat out said, “She’s awful in bed.”

Now, obviously this isn’t true of EVERY woman or every relationship, and a lot of woman have totally ninja sexual skills. But a lot of guys really do seem petrified of telling their wives or girlfriends that her sexual skills just aren’t up to par (why aren’t men honest about sex with their women? Because we’re afraid of your reaction).

I think it’s also that guys think if they ever made a peep about being dissatisfied, their women would just cut off sex altogether. He’d rather have a beer, but he’ll take water in a pinch.

The main take away here is that sex isn’t something you let a guy do to you (we hate that attitude). Your guy wants you to be an equal participant in sex. . . to enjoy him as much as he enjoys you.

## **Fact #3: He Wants You to be His Slut**

Like I said before, the majority of a man’s sexual pleasure comes from his ability to give YOU incredible pleasure (and most of a guy’s insecurity comes from feeling sexually inadequate and incapable of giving you pleasure).

To feel sexually satisfied, a man needs **you** to embrace your own sexuality, let go of your insecurities, and be his slut.

Now the word “slut” gets a really bad rap. And I don’t mean that he wants you to become some nymphomaniac or to come on to his friends or anything like that (OK, some guys do want that).

What I mean is that he wants to feel like he turns you on so much you can’t help yourself. That his masculine power is so overwhelming to you that it wears down your resistance and insecurity and awakens the slut within.

And he wants to feel like you’ll only do that for HIM. That your devotion and attraction to him is so strong that he wakes your desires like no other man can.

## Fact #4: He Wants You to Initiate Sex

This is a huge complaint guys have, especially when we're sitting around the bar getting 3 sheets to the wind.

The fact is, most women don't initiate sex **at all** and this causes two huge problems:

1. It causes a guy to feel unattractive or unwanted (yes, guys have feelings).
2. It turns sex into a chore for him instead of something fun and connected.

Listen, most guys don't really like foreplay (until you teach them how to do it right). To most guys, foreplay is a series of arcane steps you have to go through to get the few minutes of carnal pleasure you've been dreaming of all day.

And sometimes a guy will do the math in his head and just figure that it's not worth it.

"Wow, Carol looks really good today. I could go over there, nibble on her neck, rub her shoulders, say sexy things in her ear for half an hour and then maybe get laid... or I could take a nap. Yeah, a nap is safer. She might turn me down anyway."

I'll talk about this in a second, but most guys don't ever feel truly desired. Even if you only initiate sex with your guy 1 time out of 4 it will absolutely blow his mind.

One of our survey respondents put it:

"I want you to WANT to fuck me instead of HAVE to fuck me."

## Fact #5: He Wants to be Objectified by You

WHOA! This'll be fun.

I remember the first time I felt sexually objectified. I was 26. I'd been going to the gym for the first time in my life. I suddenly had biceps and my gut had shrunk. I was on the dance floor shaking my ass when I felt a weird feeling: eyes on me. Lust coming at me. I'd never felt that way before. I'd never felt WANTED like that before.

I scanned the crowd to figure out who was looking at me. And then I saw a big hairy guy with a grin across his face. Why couldn't women look at me like that?

I said this a second ago, but most guys **never** feel sexually wanted or desired (unless they're getting hit on by gay guys, which is kind of flattering but not what I'm into).

A lot of this has to do with male sexual desire versus female sexual desire. As a woman, you know all about male sexual desire. How a man will undress you with his eyes and grit his teeth. How he'll look at you like a piece of meat. But women (by and large) don't do that. And it's really a shame.

Most guy's I've talked to have no idea what it's like to be objectified by a woman. To be looked at by a woman as a sexually desirable person. To be looked at as a body that a woman wants.

And it sucks. Seriously.

We'll never talk about it (OK, I will) but just like women, men want to be WANTED. We want to be desired. We want to be LUSTED after.

Look at a man as a piece of meat. Give him a compliment on his ass or his biceps. Let him catch you just staring at him. He'll be shocked by it. He won't quite know what to do with it. But it will do wonders for his self esteem.

QUICK ASIDE: A lot of folks think objectification is a bad thing. I couldn't disagree more. I've gone on record for years as being pro objectification. There's nothing wrong with objectifying someone—male or female—as long as you also realize they're more than just a body and are a real human being.

## **Fact #6: Withholding Sex Just Causes Resentment**

If you're using sex as a carrot or a stick in fights, stop. Seriously, I can tell you from my own experience and from the thousands of guys I've talked to that withholding sex causes deep and brutal wounds to a relationship.

Remember, men use sex to bond and feel close to a woman. If you withhold sex, you're pushing him further and further away, causing massive resentment and dramatically extending any fight you have.

So what do you do instead?

Instead of withholding sex to try to force your guy to do what you want or to apologize, you should instead **use sex** as a way to strengthen your bond with a guy and get him to **want** to make up.

The easiest way to do this is to use a simple two part fight destroyer comment that simultaneously bonds your man to you, makes him feel like a wanted sexual being, and cuts the bad times in your relationship in half.

What do you do?

Simple. After a fight you simply say "I'm furious at you right now, but I want you so bad."

Seriously. Sex is a great way to work out anger and aggression in a relationship anyway. Try it.

## **Fact #7: He Wants a Blow Job (And He Wants You to Enjoy It)**

I actually have a whole program on this at <http://www.howtogethead.com> (the video is hilarious). The main thing to understand here is that a blow job isn't just about a blow job. It's about worship.

I mean, the guys who took my survey are never going to say "I want her to worship me." But they will say "I want a blow job." And it's really the same thing.

A while ago my girlfriend asked me why guys go to strip clubs.

“Is it because he’s not happy at home?” she asked. And I said, “No.”

“Is it because he wants to look at other women?” she asked. And I said, “Kind of.”

But the real reason men go to strip clubs is because it’s the one place in the world most guys can go to really be appreciated and **worshipped** by a woman (even though it’s totally fake and costs them a bunch of money).

Remember, most men NEVER feel sexually wanted or appreciated throughout their entire lives. So much of sex is about a man’s ego, and there’s simply nothing that makes a man feel more sexually wanted or appreciated than a blow job. A great blow job (where you eagerly give him head without expecting anything in return) does wonders for a man’s self esteem and satisfaction.

And if you really want to send him to the moon, let him see that you’re ENJOYING making him feel good and giving him head. (And tell him to check out <http://www.howtogethead.com>. He’ll learn something =-))

## **Fact #8: He’s Kinkier Than You Think**

Just go through the *Secret Survey* results and you’ll see this in spades. Threesomes (yes, all guys want threesomes. It’s a power thing), sex toys, bondage prostate stimulation, anal sex (also a power thing. He wants to be the guy you surrender everything to. Not my thing, but many guys are really into it). Honestly, the guy’s survey results are SO dirty it even makes me blush.

The important thing to realize here is that these are results from regular, normal guys. Like I said before, all men are perverts to some degree or another.

The reason he doesn’t bring this stuff up to you is because he’s afraid of your reaction. Will you hate him if he tells you about his threesome fantasies? Will you run for the hills if he says he wants to tie you up (or wants to be tied up)? Will you freak out if he says he has fantasies about you with other men? (This one is shockingly common.)

You don't need to act out every kink and fantasy he may have, but you do need to realize that this stuff is probably right below the surface for him. If you take the lead, he'll probably light up like a fire cracker.

And that's that. For more, dig through the survey results.

Before we finish up this section, I want to talk about one more concept that will give you tremendous power to give men sexual pleasure.

I call this concept. . .

## **The Beast in Him**

If you've read through this whole section, you know better than almost any woman on this planet that men's sexuality and sexual desires are darker, deeper, and more powerful than we ever talk about.

The way I like to put it is that every man has a "beast" in him. A hairy, grunting, angry, violent thing that just wants to ravage every woman it sees.

And like I said before, most guys spend hours of every day reining that beast in. Holding tight to that leash. Doing everything we can to seem calm and civilized.

But the beast wants out. And if the beast never gets to come out (if a guy never feels like he can let his real sexual desires out), it will gnaw at the insides of him. It will chew on his heart and his soul.

As a woman, you've got an amazing power over a man. The power to give him permission to let the beast out. To show that you understand his desire and his lust and you're not afraid of it. To show him that you love him for being a man, desire him for being a man, appreciate him for being a man.

How do you actually do that?

**You invite him to ravage you.**

I remember the first time a woman did this to me. It was one of the most powerful and emotional experiences of my life. "You can do whatever you want to me," she said. And looking into her eyes, I knew she meant it.

And for the next few hours, I knew I could take the editor off. I knew I could stop pretending to be a civilized guy and just be the grunting beast I was inside. No worrying about being too rough with her. No worrying about what she would think about me afterwards. No being nice.

Honestly, it was a very emotional experience for me. Being accepted like that. Letting that pent up aggression out. When we were done, I felt truly relaxed and empty for the first time in years.

Sex is how adults play. It's how we work out our anxieties and our fears and our desires. It's how we make ourselves feel powerful and important and loved even in the darkest of times.

## Summing Up Lesson 8

Whew. Big lesson (not really a surprise). Here are the core points:

- **All men are perverts.** Being a guy means having a constant flood of sexual desire thrumming through our veins. We all have incredibly dirty thoughts and desires on a daily basis. We don't tell you about it because we think you'll freak out.
- **What sex REALLY means to men.** Sex for men isn't REALLY about emotional connection (ok, sometimes) or physical pleasure (ok, a little). It's about power, validation, dominance, ego, and the satisfaction that comes from doing what we were designed for.
- **Watch pornography made for guys** and you'll realize that it's all about the pleasure a man causes a woman (or forces a woman) to have. Very little of sex is about a man's physical pleasure (until they really learn to focus on themselves as a sexual creature).
- **Most men have a depth of need and a depth of SHAME around sex.** Men NEED sex to be happy in a relationship. Quantity matters (and so does quality). Part of the experience of being a man is constantly **holding back** our sexual desires. We're not allowed to act on our lusts and it drives us nuts. It's hard.
- **The Secret Survey results teach us 8 facts about what men want sexually.**



- **He wants and needs MORE sex.** The best way to make a relationship better is to have MORE sex with your partner (and remove any barriers to having more sex. Don't make him earn it all the time).
- **He thinks you're sexually selfish in bed.** Most women make men do all the work and many women have never put any thought toward being a better lover or giving men what we really need. Sex is a skill and one worth mastering.
- **He wants you to be his slut.** He wants to cause (or even force) you to have amazing pleasure. His ability to make you his feeds his ego and gives him incredible pleasure.
- **He wants you to initiate sex.** Not all the time, but at least 1 time out of 4 you need to be the one to start things up. Seduce him. He'll be shocked and he'll love it.
- **He wants to be objectified by you.** Most women are horrible at making men feel objectified and wanted physically. Being looked at with actual lust is an incredible gift you can give a man. He wants you to WANT to fuck him instead of have to fuck him.
- **Withholding sex just causes resentment.** Withholding sex is the absolute worst way to get a man to do something. It does irreparable damage to your relationship and makes sex into a weapon instead of something fun that you share. Instead of withholding sex, say, "I'm mad at you right now but I really want you." Use sex to heal arguments, not to extend them.
- **He wants a blow job (and he wants you to enjoy it).** A blow job isn't just a blow job, it's a way to worship your man (and all men want to be worshipped by their women).
- **He's kinkier than you think.** He wants more than just vanilla sex. Way more. Probably. This really goes back to male sexual shame. He's petrified of telling you what he really wants.

## Exercise For Lesson 8

**Exercise 1: Initiate Sex with Your Man.** OK, this should be pretty easy. Tonight (yes, I mean TONIGHT) treat your man like he's always

fantasized about being treated. Wait until he's sitting on the couch and without saying anything, crawl over to him, unzip his pants and... well, you know what to do from there. Don't say a word. The longer you stay quiet, the hotter it'll be. No excuses. No BS. It'll do wonders for your relationship.

**Exercise 2: Objectify Your Man.** This one is easy to overdo, but next time your man walks by you, just say something like "I love your ass." It'll throw him for a loop.

## Up Next: The Final Lesson

We're through the main *Secret Survey* lessons. In our next section we'll tie everything up.

# **Final Lesson: Contempt for Men, Masculine Insecurity, and the Experience of Being Male**

**By Michael Fiore**

**[www.whyhelies.com](http://www.whyhelies.com)**

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# **Final Lesson: Contempt for Men, Masculine Insecurity, and the Experience of Being Male**

Sarah finished reading with a gasp. She had this hum in her chest. Like a pacemaker shocking her heart. Over the last few hours of reading she'd felt such a range of emotions. Happiness. Humor. Anger. Resentment.

She sat there with a printout in front of her. All these survey results. Some of them so juvenile. Some of them so stupid.

But so many of them felt so true. She flipped through the pages again. She thought about all the men she'd known in her life. The fights she'd had. The broken hearts she'd endured. She thought about how pissed off she'd gotten when her first marriage ended and how she couldn't stop hating Dan for years. Though now she couldn't remember what she hated him for in the first place.

Sarah took a deep breath. "What if it's all true?" she thought.

She thought about tonight. She was meeting up with this guy Tony for a drink. She didn't expect much. He'd be an asshole like the rest of them.

Wouldn't he?

She shuffled the paper in her hand. She looked at the little exercises she'd done. She wondered what she was going to do now.

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And here we are.

If you've muscled your way this far, I want to congratulate you. I know that a lot of what I've said in this program has flown in the face of what you've been told since you were a little girl.

Honestly, this program was the hardest thing I've ever written. At several points, I felt this powerful urge to pull back, to lie, to cover the truth, to tell women what they want to hear.

But instead... here we are.

Going through this program, you've learned a lot.

In lesson 1 you learned that **men are like dogs and you're a bad owner**, that men simply aren't like women in the way we communicate or how we look at the world, and that so much of the suffering women go through in relationships comes from expecting men to be more like women.

In lesson 2 you learned **why men lie**, how emotional flooding paralyzes men and makes it impossible for them to communicate on women's emotional level, and how to move past lies in your relationships.

In lesson 3, I taught you all about **emotional castration** and why denying HIS TRUTH destroys a man's confidence, sense of ego, and attraction to you.

In lesson 4 you learned the answer to the question "**does he love you?**" in all its brutal truth. I also gave you 6 insecurity blasters to move past feminine insecurity and have better relationships with men.

In lesson 5 you learned **why he looks at other women**. I gave you a guided tour of what goes through my own mind when I look at other women and explained the simple truth about why men look at pornography (even when you ask them not to).

In lesson 6 I said that "**Yes, he would cheat on you, but he's probably not going to.**" We tackled some very difficult concepts concerning infidelity and cheating and tried to get a good mindset toward monogamy and if you can feel secure in a relationship.

In lesson 7 we discussed **reflected glory: what your appearance means to him** – why he does care about how you look and whether you take care of yourself, and what having an attractive woman on his arm says to OTHER GUYS about the man in your life.

And in lesson 8 we talked about **what men want sexually**. I broke the "bro code" to tell you about the kinks and desires that bubble beneath the surface and told you about the lusty beast inside every man.

## **So Now What?**

Where do we go from here?

Honestly, I could write this program for months more and not cover EVERYTHING about men.

But before we finish this up, I want to make one final point that's the epitome of everything we've talked about so far. It's a really simple statement, but it's one that I want you to take to heart.

Ready? Here it is...

## **To Be with Men, You Have to Love Men (And You Have to Love Yourself as Well)**

I spend a lot of my work day interacting with my customers and fans over email and on my Facebook wall. And one thing that strikes me is the bitterness and the contempt so many women have for men.

I'm not saying YOU do this, but a lot of women look down on men. They think men are damn sons of bitches, that men can't be trusted, that men are basically evil and manipulative, and that men only want one thing.

And I hate that attitude.

I hate that contempt for masculinity, that belief that men should be different, somehow. The fact is, men are men. We're big, hairy, grunting, angry, horny, marvelous, awful animals.

And we're the way we are for a reason (OK, some of those reasons went away with the mastodon, but hey.).

If you want to truly be happy with men, if you want to truly have a GREAT relationship with a man that fulfills you physically and spiritually and emotionally, you need to accept men for what they are. You need to love us for what we are.

That means getting over the fact that he doesn't talk about his feelings and learning to read the little signals he gives you that he really does love you.

That means giving him the space he needs to be quiet and not talk sometimes.

That means realizing that what men do, what we say, and how we act only very rarely has anything to do with how we feel about the women in our lives.

When you go through the *Secret Survey* results I hope you'll notice something. I hope you'll notice how much insecurity men have as well. How men are scared of what you think of us. How much we want to be desired and wanted. How scared we are.

One thing I talk about sometimes is the experience of being male. What it's really like to BE A GUY in today's hyper-communicative world. It's tough out there for a guy. So please, have empathy for the men in your life. Understand that we just speak a different language and live in a different emotional world than you do.

And use the stuff in this program to seduce the heck out of the next guy you meet. He'll be shocked to discover a woman who actually understands what's going on in his head. =-)

Best,

Michael Fiore

TEXT THE ROMANCE BACK

**PROJECT:** “SECRET SURVEY”

# SURVEY RESULTS

**RAW DATA:**

MEN’S ANSWERS

WOMEN’S ANSWERS

STATISTICAL MEASUREMENTS

**NOTICE:** CONTENTS ARE UNEDITED



# SECRET SURVEY

MEN'S RESPONSES

RAW DATA

**WARNING:** THE RESPONSES CONTAINED IN THIS REPORT ARE UNEDITED, AND COULD BE HIGHLY OFFENSIVE TO SOME READERS. DISCRETION IS ADVISED.

***What is the number one thing you want your wife or girlfriend to know but would never tell her?***

My deep relationship with another woman

Anal sex with her

I want more sex.

that I fancy other women but its harmless

How to give me a blowjob

I have no idea.

want sex all the time

care

nothing

love

how to be a good fuck.

I'm honorable and have very high values.

love

Would like a very occasional three or more way

A finger up the ass during sex can feel great

That I am as insecure and nervous as you are on our first few times together.

That I want her to be my slut.

How insecure her actions make me

I need more sex!

nothinjg

I need to be respected and appreciated in a tangible way.

I love the scent of her pussy

she loves me

i don't know

Nothing

We don't need forplay

secret

I don't have a wife or girlfriend so I'll speak to women in general...i feel totally incapable of getting a girlfriend that really turns me on.

If you don't put out, then get out...

If she acted more like a lady I would be more romantic. When she's bossy or too man-ish it's a turn off.

i want her to know that what i feel for her is real love and not infatuation.

using sex toys

i love her though she dumped me

I have a major problem with fidelity.

single pictures show be more and be more sexy!

the number one thing I would want my wife to know but would never tell her is that I would like to try a different position besides doggie-style....I have a t-shirt with a different position for every day of the year on it....hint!!

i wish you gave me head more often

that i want a good deep throat cum swallowing bj

A relationship I had before marriage.

That if a woman tells a man she loves him she should understand herself well enough to know that she loves him just as he is because she will not be able to change him to make him perfect for her because it doesn't work.

I'd like her to spend more time in anal play with me

I WOULD LIKE HER TO TRY AND STIMULATE MY PROSTATE WHILE SHE IS GIVING ME ORAL SEX I HEAR THAT IS GREAT BUT NEVER HAD THE NERVE TO ASK HER TO TRY IT

don't speak to us in code, just tell us what you want and how you feel so we can please you

sex slave fantasies

That I would like to take our sex life to a higher level when it comes to more kinky sex.

That I want anal sex

want fuck other women

she is annoying at times

i want her to know that she must be more fun and flirtatious

I would like her to know how much effort I put in to "get her ready for bed" Sweet texting and sexy/dirty texting her, listen to her talk about her day and her 'problems', hugging and kissing her through out the day, caressing her, telling her how beautiful/hot she is, doing all the "tricks in the book" do get her mindset on the right track.

I don't have feelings for her when she doesn't appreciate me.

What type of sex we want.

exactly what she wants in bed

Why can't sex be like it was in the beginning?

That we need to have sex. Not just busting a nut but intimate and personal sex. We want to please our woman with all our abilities, and are saddened when the excitement makes us finish before they reach their climax.

I want to do all I can to increase her sexual pleasure

I want anal

HOW BIG MY SEXUAL NEEDS REALLY ARE AND MY SEXUAL FANTASIES

my fantasies

you look ugly

I like blow job

I deeply from the depths of my soul so love you

There is nothing that I wouldn't tell her. I think that the thought of things such as anal sex or using toys is kind of hot, but as long as she doesn't feel comfortable with it, I am not going to force it on her.

When I am in the mood to play

I like her

I would like to try anal sex

She is more sexually fulfilling for me than any porn Queen

That she's wrong

female orgasm

I'd like it more

i would kill, lie, steal or cheat to make all your dreams come true.

The way I feel when we are making love.

To suck me with vigour and worship

I'd love to have anal sex with her.

Sex

that i love giving her oral and that i really do like to cuddle after sex

I don't "want" her as bad as I claim to at times. Often, I attempt to force myself to have intense feelings of passion for her, but only because I think she will leave me if she doesn't receive heightened emotions in our relationship. I honestly would like to relax and be secure in our bond, but I feel pressure to constantly do more in order to keep things exciting and show her I care. I get tired. It feels like I'm on a treadmill, but I have to keep running. As much as I dislike not getting credit for what our relationship actually is instead of being compared to the fantasy she has in her head about what our relationship could be, I really would hate to lose her to someone else who is more willing to try. So I run... and I run.

I want them to take the initiative in having sex

Nothing..)

Strong desire to act out, via role playing, various fantasies.

that i can lie pretty well

about my fantasy to see her have adult fun with another man and that i would okay with it if its only for sex

I want a threesome

I love the sounds/ noises, even if i KNOW you are faking it !!

threesome

Nothing

i feel like i can't be happy without you. you're my everything. if i didn't have you, i dont think i would feel like i have any purpose at all.

How much I truly love and care for her.

that i dont know what to do to give you an actual orgasm

I want her and another woman at the same time

I'm not always that crazy about her

How much I love hey

nothing is worth lying over, your past, your present or how you feel!!!!!!

Girls chase me

how much I love to eat her pussy

shes soo yummy

That I would love to do a 3 way. Never will happen with my spousal unit.

I would like to leave my cock in her mouth as I cum and for her to swallow..

Loose weight!

REGULAR SEX IS VERY MUCH DESIRED

how much I love seeing her enjoy giving me a blow job

my passion for her

squirting

better oral sex

age

That she is the very person I've spent my entire life searching for. She is my ideal woman and I wouldn't want her to change anything, as it would change the dynamic that is her.

I love cum

I am very jealous, but feel that letting her know will make me seem insecure.

If I cried in front of a women... does that make me less of a man depending on the situation?

That she is my best friend...but that she frustrates me to no end.

how i feel about her

I want to make her the happiest girl ever and give her the best sex in the world

Don't watch me drain my lizard!

That I am so frustrated with her stubbornness

My fear of losing her...

real me

That she needs to grow up and stop thinking like a teenager

quite trying to figure us out.

She knows everything

That I have insecurities about her, myself, our relationship, and how I feel.

there is none

I would want to her tell how to

That she's the most beautiful woman I have ever known...

to tell my wife that I have a girlfriend

That I would like for her to finger my anus during a blowjob!

I want to Marry u(My Girlfriend)

i tell her what i think and want

i have an std

That men are and have always been more romantic and in touch...but socially denied to the loss of the relationship at its core.

That I would like to tie her up then fuck her.

That all men who are men and not womanized males, are sick and tired of all bra-burner BS that far too many women like to hand out!! Not only is it a waste of time, but after some 30 years of hearing this 'stuff' real men are getting really bored with the whole business. And some women wonder why men prefer Asian women? I've never had one who so adamantly express these ideas continually as do most American women! You wanted it, now you got it Toyota !!!

not to entrap me with questions like "Does this dress make me look fat?"

to like anal

That I desire her willingness to give me oral sex.

I'd love for her to become muscular.

How very powerfully exciting it is for me to get her off.

How much she really means to me.

what hurts me is not listening

There is more to me than what you see.

your oral sex is boring

I want her to give me blow jobs as many as possible ....

How indispensable a part of my life she is.

I would like her to swallow during oral sex

Don't know.

I would never tell her how

I wish she was more slutty

I love anal.

Go for the cock at all times, I want my wife to handle it, touch and of course suck it all the time.

60 extra pounds since marriage ... not so sexy.

That I want to explore new ideas.

Be honest when we ask you if what we are doing to excite you is what you really want, and, if not, how can we do it better.

That I wished should would try to seduce me more often than she does.

there are too many of those actually... but the one thing ranking no.1 for me is men hardly love girls they cheat with~

That you would slow down when beginning to have sex.

How to handle/massage my cock.

sometimes a little tension relief in the form of handjob, oral, quickie in the bathroom, whatever.... sometimes please take the lead when you see me stressing and provide a little tension relief.

Yes, we men want sex but it's not the only thing we want or think about and we are getting REALLY REALLY tired of this particular stereotype.

I think about her private female organs all the time. She does not have to try to attract me, I already want her. The only challenge is talking her into getting nude with me. I worship a woman's body.

I would like her to put on a strapon dildo and fuck my ass. No wierd domination or humiliation, just good loving anal sex for me.

that we love Head

really just interested in getting a nice small firm piece of ass.....every day.

That I don't feel complete as a man. That I was never led, or mentored to manhood. and that I fear for my young daughter just how messed up and clueless most men are, how can I best help her to find a great man? What about my own manhood-the New Age stuff seems to be mostly such crap. Any ideas?

she needs to lose weight

I would want her to know that I want to say more, but I enjoy keeping my secrets

If she will do the things I want I will give her the things she wants ..

I want to leave her

That I would love a 3some...with another girl.

If you would just communicate directly with me instead of using hints, innuendo and the like, I'd know what you are trying to get across and could respond.

how crazy she is

3some

I LOVE HER

I like it when she wears pantyhose

I want to please her like you has never before

How I want to make her squirt

To try many new things

My secret passions and fetishes

That i'm a man and because of that talking in general is never high on my to-do list. I know that communication is necessary and I will get around to it don't worry. Nagging will just make me shut down and it'll take even longer to get something out of me

I want to take a more active role in our sex life.

I really enjoyed anal sex with you. I had never done that before, and I want to repeat.

I want sex everyday

I just want her for sex.

Keep looking sexy & Hot!!!

How many times a day / week that I want us to do it.

Please wear the frilly/sexy underwear. The last thing we want to hear is "in Your Dreams." We are telling you what will keep us home at night and focused on you.

Nothing Nothing

I like to cuddle

that i am just using her till the bigger better deal comes along. survival of the fittest ya know.

threesome

That I would give her everything

sit on my face

That i have never cheated on her.

Men are simpler than women. We can't read minds, and hints must be obvious. You're generally a mystery to me, it's never straightforward.

How much I masturbate

my problems surviving with a stroke

better bjs

I get horny everyday

I think her nose is crooked.

if she is thinking about another guy.

love

"Your hopes, dreams, passions, wants and desires are no more important than mine...having a vagina doesn't make you special...you are no better/more important than I am." (I've actually told women this...and they can walk if they don't like it...another one will be coming along any minute...I just think this is something that needs to be said more often...their daddy might have put them on a pedestal but, I won't)

Apart from 3-soms, one sided open relationships and all the usual one sided shallow bollocks: Many men are happy to go all the way to the woman's side to communicate with them properly. The woman hasn't got to go anywhere other than open a door and shine a light so he knows where to go. If she did this many problems would be solved including the 'shallow' ones above. I guess it's a power thing for women. The question is - where's the door, where's the light?

It's very upsetting when you don't swallow. You have to swallow to show that you totally accept me - all of me. Otherwise I feel rejected.

That she need to initiate sex once in a while and make sex all about me, focus on pleasuring me. It seems that some women think just because a man orgasms the sex must have been good.

i like a woman to aggressively want my ass hole

I would like to have more diversity in our sex life

You need to give me some sign so I know when you are really too tired for sex and another sign if you are really just not in the mood yet (in other words I need some stimulation from my guy).

i love her....

I like rimming

i been with a different race female

I wish I could tell her how much I would like to be touched all over - kind of like a dog that lays on his back and lets everyone scratch his underside.

I wish my cock was bigger

That she needs to lose that baby fat in her middle.

I don't know

That I LOVE her Unconditionally and for the rest of my life.

Some women I have come across (unlike my wife) do not seem to realise the sense of dignity and self-respect that a typical man carries round with him. If it is abused by undeserved disrespect for who or what he is (not just from a partner), it is unlikely he will point out the damage to his respect for her that has then been done.

i would love to get really good head, and much more sex

I love to be held and caressed, but that's what men are supposed to do for their women.

That I love her more than anything in this world

That some of her outfits make her look cheap

Sometimes I like to be dominated by her, even to the point where she'll inflict testicular pain if I do something that she doesn't like.

That I like my ex girlfriend's best friend, but don't how to tell her that I am interested in her. I can see her every Saturday at the club, but she is hanging out with my ex. I really really need help with this:(

I love her the most when I feel that she is totally into me, mentally, emotionally and bodily....

I want her to swallow

That I really hate it when she says maybe tomorrow. Then nothing ever happens for almost 3 weeks. It makes me want to start looking elsewhere.

n/a :)

I am afraid most of the time about sex. I am not sure what I can do of what she will like. I have to live up to expectations that are not who I really am.

She is boring in bed.

I love to be teased

i am more lost without her, than she could imagine

That she has always been the most important person in the world to me and I would really try to do anything to make her happy.

Well it's an ex, but that my feelings still remain the same for her and I think about her everyday and wish we could get it right

I need respect and acknowledgement that I am the man and her willful submission to such

that i am still in love with my ex-wife

That if they would just tell us what they desire, we would do our best to provide it for them. They should already know this!!!

that I'll live her for eternity without reservations

I do not get enough love/sex

Men want to be wanted

my kinky sexual fantasies

to do the dishes a bit sooner

want her to be much more open to new ideas and sex techniques and experiences, such as electrosex and other unusual practices.

love

fuck her in the ass

I feel that I'm not big enough to satiate her or have the knowlege to help her reach orgasms.

i love her and my children but sometimes i like being away from them

In order for a woman to get the love she craves from a man, she has to show him unconditional respect. Dr. Herff Moore, 5/30/11

nothing

How much I want to be treated like a man.

i wish she would turn into a freaky slut in the bedroom. But only for me

strip dancing

how much i enjoy masturbation

I love head

Just like her we can change, just because we didn't respond in the past doesn't mean it's not worth trying again.

what about my girl friend

that i want to make love with her

i would like to have threesome with her and her friend.

To give me oral sex.

sucks in bed

Love having wild sex with her as much as possible

her breath smells like her ass

I have been married 8 years the one thing I would like is for my wife to want to fuck me instead of have to fuck me. I know it is there she used to be that way. Thanks Mike.

Sex is a physical need.

affair

I'd like her and I to try the swing scene

that i want to take and post nude pictures of her

sometimes i just want oral sex to be the main course, not always the appetiser

That I am vulnerable, just like she is.....

I love her and I want to have sex with her 24/7.

I want her to fulfill my sexual desires.

I wish she would start exercising and lose some weight off of her stomach.

I want to spice up our sex lives with other people

How turned on I get when I think about having anal sex with her, knowing it'll never happen

fellatio

to feel and cum at the same time in sexual intercourse.

You're reaching that age where your erections are not as hard or often and refractory time is getting longer (getting old).

like a threesome

how hard you are working to make the ends meet

I've been considering this question for a couple days and I can't think of anything. For me, if there is something I "can't" express, it is an opportunity to move into that uncomfortable space and find more wholeness on the other side, even if the ride is turbulent. I've found that by following the holarchy by the Authentic Man Program folks is pretty key to having it come off well. Skipping a step is to my own peril. I highly recommend you check them out if you haven't yet. You're also familiar with the idea of a withheld communication? If there is something you're not expressing for whatever reason, even for the sincere well-being of your partner, it clogs the emotional pipes and kinks off the connection. None of the above is very easy, but in my relationship with my wife (together 10 years, married 6) it has proved invaluable. As an aside, isn't funny that length is often used as a successful measure of a successful relationship? Probably because a serious long term commitment is so damn hard to keep, especially if you're trying to do it as consciously as possible. My parents are just shy of 30 years, they seem to be getting along to each other's satisfaction, and there's no way I want my intimate relationship to end up like that. But I digress. :)

spanking

She has 2 have sex at least once a week or I will cheat on her!

To have sex with someone in front of my eyes.

you wish women knew and UNDERSTOOD about women ? Proof read anyone ?



That i want her all the time and i know she's very sexual too but; most of the times we dont do much and things get boring because things don't seem so spontaneous or wild to me anymore; and that she seems a little boring in bed. I know she wants me A LOT and probably more if i 'activate her' and make her want it but i don't seem to get turned on as easy from her as much as i used to and i don't seem to see her try to turn me on or make me want it unless i initiate things.

she needs to keep it sexy, or, the danger is, sexy can be found outside of the marriage- you know?!

i had / girl friend

How often I want sex

that I hate her

Women need to know, understand, and show that they know men are visual. Whether at home, in the marketplace or online, look attractive!!!

relationship with a girl friend

she needs to loose weight

I want to fuck her

To not be so damn sensitivity...

That I would like to do a little lifestyling with her.

Guys love to joke around. Not everything is serious.

How simple and straight forward men actually are. Some women get it but most don't, and the ones that do just exploit it to get what they want. They seem to assume they're still talking with their female friends, and that we 'imply' things or say what we don't mean. Most men don't play games. In fact, men like you figure out that to really attract women and get to their level and we NEED to play the game, and we herald you guys as geniuses for figuring that out. Guys aren't complicated, it may seem like it, but chances are she's just over-thinking the situation (or we're under-thinking, however you want to look at it).

Some times guys just want to fuck. Not kiss, not touch, not look into her eyes, just down and dirty fuck. And some times we like it when she wants the same.

Would love a threesome

Early in 2010 I lost my wife of 39 years to cancer. I've healed and now have a girlfriend. How do I bring up the subject of anal sex....on me..? I'd love to try it to feel what it's like.

I want to fuck everything I see

I can't think of anything I'm keeping to myself.

by going down on me she can have whatever she wants!

That I am not as mentally tough as I seem.

my ego/self-image is the same as her self-esteem/self-image

I wants to fuck her arse and her initiate sex by blowjob

how often i fantasize or masturbate and not ot freak out - because if i didn't - she would never be able to get any houswork done, hold down a job or even sit down.

how i need them always.how i feel about certain things

That I want a threesome with her and another female.

How to want to give a blowjob

she had real orgasm or fate?

that we may not be forever

my previous sex life

shes a player

i am the woman with the inquiring mind

y love her

How much I crave the emotional relationship and how much I took it for granted.

Many.

Nothing is more destructive than withholding affection, including sex, it accomplishes the opposite of what she thinks she's trying to accomplish. This posture can ONLY be tried a finite amount of times before it creates toxicity. Take one for the team, ladies - show your men they are valued! I'm never too tired listen to her talk about her mother or to put food on the table, or make lunch for the kids.

I'm scared too

I want to have sex with multiple women AND I still love you. I don't have sex with multiple women, but I really want to. I suppress the desire.

That I read her texts to her ex

Stimulate my prostate.

i want her to know that i always love her

How I spend my money

That buying things for me will never be as good as doing things for me.

affair

To really know how great a Blow job feels and why a man craves that moment!

that men are not monogamous but don't want to cheat - solution: open up the relationship together and have evolving rules by mutual consent

smile n look happines

how much i love her!!!!

i want a threesome

i want her to be more aggressive in the bedroom. by starting the fun stuff and looking sexy as she was getting undressed. to also undress me. take control once in a while.

The experience of pleasure i got from my ex girlfrind

I've had countless relationships with women where I was jilted because she went into the relationship with a "backup guy-plan" already in the mix in case her first guy bit the dust. Granted, a vast majority of them I met on the internet and only one of those developed into a physical relationship. I had one other (2 1/2 year) relationship that did not start on the internet. My difficulty is this: Tell me when you are dating me and have a guy in the wings. Don't leave me high and dry (or in a landing pattern without further directions) without telling me why! In my previous 3 relationships, a "backup guy" was a guy that she knew from a previous relationship.

My wife knows this. She taught me! Do not enter a relationship "THINKING" you can change a man INTO who you wish he would be. Find a man whose faults you can accept & with whom you can be best friends. The enjoy his company & accept who he is. You can grow together from there! Damn! it works, too!

That's hard because I tell my girlfriend (ex-wife) everything.

How sweet she is.

I would love to try anal sex

In sex, (and elsewhere) nothing is more important than enthusiasm. An average technique or skill level delivered with great energy and genuine desire to please, beats the best technique in the world done half-heartedly.

I enjoy anal stimulation

To hag and kiss me whenever I come home and she is available.

you really do want to please me. you are an option in my life. learn how wonderful your life can be when you focus (if possible) on being pleasing me.

TRUTH

I would like unconditional sex.

I would like my wife to know that any time of day and anywhere in the house, back yard, vehicle is a good time to make love. She seems to believe that women only like making love only at night and in the bedroom in bed before we sleep. I think that any time is good as spontenaety and being ready at any time, anywhere.

having girlfriend

that she should practice better hygiene.

when you reject me in the bedroom it is emasculating

Nothing

That I prefer oral sex over vaginal

That I can trust her

i slept with her sister, and she was fire...

The number one thing that I want my girlfriend to know but would never tell her is that I really want her to be able to be okay with me cumming in her mouth (not saying she has to swallow [that's optional]) but I always hear how women get grossed out if their man even tells them to even consider it because the woman always says it tastes bad or it makes them feel like a whore or ho. But on the contrary, I see it as a way of fully giving herself to me and my manhood. That would be the number one thing that I want my girlfriend to know.

blowjobs

I want more oral sex from her and want her to initiate it without asking for it.

diseases in me that can affect her

Sometimes initiate sex. You will not be branded as a slut if you do this often. Makes me feel needed and loved.

I'd be willing to wait for her, if she asks me to.

Even though I have never been involved, I did have a desire to be involved in partner swapping. My wife did ask me about any fantasies that I have but was unable to tell her this.

want to give her incredible sex

That I wish she would be more experimental and open to experimentation, I have a lot of fantasies that I dare not tell her about.

sex

I WANT MY WIFE TO TELL ME STRAIGHT SHE NEEDS TO HAVE SEX WITH ME WHEN SHE FEELS IT

The #1 thing that all women should realize is that when a man is seducing or making love with a woman, her insecurities about her body only make the sexual experience less gratifying. We don't think about her cellulite or her thighs during a good blow job or about her hair and nails when we're about to cum. If she has more abandon and enthusiasm about the endorphines and hormones rushing through our blood streams during a sexual encounter, she could relax more and allow the feeling and rapture of climax just be on her mind. Men think with the head of their dick during intimacy and not their brain. So take heed ladies, a good blow job or a great lay is what keeps us coming back to a good woman. Those extra 10 pounds or little wrinkles are not as important as being with a woman who enjoys sex for what it is, a release of tensions and pent up sexual energies built up over the day. A woman who has wreckless abandon during a sexual encounter is hot and that's infectious. Every man wants to bring his mate to those highs of pleasure and if she's enjoying herself doing it, that joy is evident in her actions and her attitudes. If you drain the guy dry he won't ever leave you. If he sees another woman who catches his eye, just remember to use that as a signal to sneak a touch of his penis or crotch and whisper in his ear, "I can make you cum better than she can. What to go for it honey" "I'm game if you have the urge" or "Bet I can make you cum on the way home and then do it again if you let me?" Every man wants a lady on his arm and a tiger in the bedroom.

Even after Telling she is not Willing

Hmmm I can't tell what that is for things because I don't have a girlfriend and when I had one I would tell her everything but I can tell things that women should KNOW about MEN and these things are: 1. Guys that Look Pretty are often the Player guys that wanted just sex. There are guys that look good and not player but that's often not the situation. 2. "No Guy" can understand or like a girl that lies or cheat on him, even when a girl thinks she must lie to him because she doesn't want to hurt him, she should not LIE because that makes all sadder for him and her, and after all he will find "out the truth" and then it's really suffering for him. 3. Guys that Look not that pretty are often the Guys that have a good Character because there have no other things to show that say: I'm good for a girl...., there even have no Confidence like the pretty guys have...so when a girl looks on character and search a good character then she should look after a not so pretty guy. 4. When you don't like a Specific Guy as boyfriend then say him that and don't say things like: someday I will make by your girlfriend but not today, expect you wanted him to believe that "someday" "will come". 5. Don't judge a guy in bed make by say him what was good or what was sad but "never say": I had better ones or things like that. Because we guys wanted to make the girl happy, and when she isn't happy then she should say that and we can talk over that but judging makes nothing better just sadder for him. 6. Like by 5 don't judge a guy because of his Penis even when he has a little one he can make you happy sex is not the important think it's love. 7. When a guy is jealous because you and his girl friend talk to other guys then he is just unsure like you will betray him, and that he doesn't think because he doesn't trust you that he thinks because he was cheated often before you and he likes you and doesn't want to lose him the best think you can do in a situation like that is to kiss him when ever he thinks you cheat on him and then go to the guy "together with him" from that he thinks you cheat with that guy and say to both: that's my boyfriend and that's my normal friend. 8. "No Guy" like girls that: bitchy, tells rumours over other, think there are better than everyone, want to be the boss in the relationship, frivolity, dishonest, indecision. All of that thinks are BIG BIG thinks that make you to a: no guy want that girl (expect for sex) girl. I think that's enough.

I want a threesome

there is nothing I would not tell her

She needs to relax and let go in the bedroom

about your another lover :-)

Swallow

to master bj

Oral sex is very important for men, and brings them pleasure nothing else can provide. Unfortunately, it seems, women can live without it and still be happy, but not their boyfriends, lovers or husbands...

not a lot actually, we have a great relationship, wanting to know more about her really is my obsession

How often sex is to be done a week.

She's TOTALLY UNSELFISH WITH MATERIAL THINGS AND HELPING PEOPLE BUT TOTALLY SELFISH WITH HER OWN BODY!!!!!!!!!!  
INEXPERIENCED OR SELFISH BOTH MEAN THE SAME THING IN BED!

To understand EVERYTHING the male sex NEEDS EMOTIONALLY and VERBALLY from his WIFE (always leaving out the stuff she does that affects him opposite of this) for the HUSBAND to think he has the best woman in the world. Don't manipulate the guy EVER or be insincere WIVES or the guy may literally kill you - NO JOKE - for fucking around with his feelings first added with the intense feelings you are giving him (like you ladies like us guys to give you!) and especially if you play him and then leave him later! I wouldn't hurt her, but I can see where MANY guys MIGHT. Ladies, a word of advice - if you aren't MARRIED to the guy and you then ALSO don't have the character to HONOR the until death do us part of your wedding vows - you are a LUNATIC if you use this tactic - and you will get VERY LIKELY get served! Michael, if you leave this out of your program may God have mercy on you! Frank

I wish I could broach the subject of having anal sex with her, or even better if she asked for it!!!

if she could discover the erotic areas of my body and if she could just be able to suck my dick till i drop

men are not mindreaders

to initiate

i need oral sex every day cunnilingus and fellatio

I think it's ok for everybody to fantasize being with other people.....but maybe best left unsaid ... so... then tell them that penis hardness is not a trustworthy gauge for how much a man really wants her. :-) most stuff we don;t tell women is because we are ofraid of being hurt...(messing up a good thing) tell'em it;s an man related thing... we don't like to admit fear (\*of being hurt... tell em for us cause we can't There may be lots of things we can't tell our lovers... let them understand why,

sex is about pleasure - not always about love

the i will never chet on her

Highly educated.

That men hold all the cards when it comes to attraction. We (men) must remain confident, composed, humorous & mysterious to hold their attention. They (women) are pursued by us all day long, they are bombarded by needy, wussy, boring dudes trying to impress them. All it takes is inner confidence, a sense of self awareness and strong body language. You don't even have to be a great talker... trust me, it's all about being who you are and being the one who makes the decisions. I'm not saying to be abusive or controlling, I'm refering directly to a personality that knows where its going and gets what it wants.

to do a bit of swinging

I would love to have group sex with her included.

SEXUAL DRIVE AND DESIRE

Nothing I always told them every thing

that I miss her while in the office

Nagging kills a man's desire to make love with you. Do you really think you would get rewarded with an intense braingasm when you bring the same issue from years ago back up over, over, over, over and over again?

I want my girlfriend know that how deep is my love and sometime I want her start her role on bed as she is the leader.

I'm not that smart. Sorry.

All women lie. And all women lie about being deceitful. All the time.

I need more sex

That a woman who has subdued her need to have a guy cum (in order to prove that she's hot or that he's really into her) is an advanced and incredibly desirable woman.

Im pretty open, so I would tell her almost everything, um, maybe I want to fk other girls, but I would tell her anyways

I like looking at other women.

That i would love to be swingers and have her watch me and me watch her fucking and have 3somes/moresomes

she is not so flexible in bed

Give a good blow job

Where as I make an effort for her to enjoy sex, I wish she could tell me, what she enjoys the most.

To let me know how much she admires me

Talking or acting a little dirty with me does not make her less of a respected and cherished lady.

I PERFER IT SHAVED DOWN YHERE ITS CLEANER

She totally turns me on when she decides to be hot for me.

that I have trouble having an orgasm if I imagine her giving me a BJ -- because I know she refuses.

That she should be more playful and passionate about sex

I want an open marriage

I want to try a threesome

WANT FREQUENT GOOD SEX

We're simple; food, fun, friendship, sex and silence are our basic Needs: Feed me; it's visceral, basic, nurturing. You are actively showing you love me and consider my needs. Have fun with me. Pleasure breeds good experiences and memories, and we are physically/mentally bonding over something. Be a friend in the way I need; work with me, stick together, let me come to you without pushing, and be honest without being hurtful or needing to be or show you are 'right'. Sex is a cornerstone. It can be both fun & an expression of love...or either/or....but it always, always matters to the male in me. I wanna be good at it to please you---preferably, the best you ever had--- not just to get mine. Not knowing if I please you can give me hang ups. TIP: There is a difference between 'sex', 'f\*\*\*ing' and "making love"; we know it, but can't always explain it. Silence moments are just as important as communication; some of the best, most meaningful conversations are the ones when two people sit together and don't say a word. Doesn't mean I won't/can't talk to you; it just means I'm taking time to form my thoughts before bringing them to you. Give me that time; I'll come eventually. Also, just because men are SIMPLE, that doesn't mean we are EASY. We have our moods, needs and shifts to. If we're willing to put up with yours, you gotta be willing to put up with ours. When you take care of my needs and I take care of yours, everyone wins.

stop putting yourself down about your looks/ weight. we married you for you and despite what they may think, we still love them no matter what. regardless of everything women need to understand that we still want and desire them even after 30 yrs or more of marriage and all else.

I want better sex

that I would like her to initiate sex more than she does

Your spontaneous interest in intimacy, affection and sexual relations is more of a turn-on and satisfier than anything else you can do.

How insanely frustrating it is when she has a "deal-breaker" issue but doesn't tell me beforehand or forgive me after the first time it happens. I lost my girlfriend just for telling my sister the negative first impression she gave her (and why), even though my GF hadn't included personal opinions with the things she wanted kept between us.

you totally confuse me as what your feelings really are towards me. One day I think I know; the next I don't - be straight and be consistent

How to really please a man

That I want, and need, much more sex than I get. But I've told her that repeatedly, with no results. I can't think of anything I want to tell her, I haven't already tried to get her to understand.

That I enjoy Rimming.

Ultimately? that sometimes life hurts a lot, and not showing it hurts more.

How to get u horny fast?

I would like to be the first thing in her life! all else is second, girlfriends, job, kids, herself, ect. and not be mister right now or mr. sugardaddy

Suck my cock and swallow!

How much I want to please her by giving her the best oral sex possible.

That her expectations of the sort of life that I can financially provide for her is unrealistic.

That I am horny.

that having good sex is more about how i feel about myself and my sexuality than it is about her make up, appearance, etc.

fucked her nieces

I wish my wife understood that it's okay to be a slut... just MY slut. I want my wife to feel okay with just "letting go" in bed.

Once in a while, I'd like her to initiate sex and take charge of the activities...

Men want to lead in the bedroom & we want our women to be submissive... BUT that we still DO respect them - both inside and outside of the bedroom. We men ARE inherently sexual creatures - we NEED sex, but that our sexual expression for them comes from a respect for them, and for the naturally sexual creature in them. We only objectify them as an expression of our desire for them, and to help them realize their full sexual potential to BE all the women they can - Want - Need to be.

I want you to initiate about a third of the time.

she's fat.

pin number for atm card

I just want sex.

I want to Marry you

Just like almost anything that's broken, you can be replaced. Now, I know that sounds awful and cold, but it's true, even though no one will ever admit to it. Think about it. How many times over the course of our lives have we said "I love you" to a significant other and then break up with them a week later because you meet someone better? It happens a lot, to both men and women. Here's the deal: lovers ARE replaceable. The only qualities that make you unique are your DNA and fingerprints. Sure, you may be smart, attractive and athletic, but how many other women have those same qualities? I'm not trying to be mean, just realistic. I understand that women want their men to work at a relationship, but that doesn't excuse women from putting any effort into it either. They have to work too. You'd be surprised by how many ladies I've dated who got lazy during the relationship and weren't interested in doing their part.

That I've had sex with approx 30 other women during our relationship.

The number one thing I would want my wife or girlfriend to know but would never tell her is oral sex is something I shouldn't have to ask for or hope for. I should get it without having to ask for it and get it as frequently as she would get it from me, and that is frequently.

that I want to try new positions in bed.. I'm bored and want to spice it up.

If you want me to love you like I do my dog, act that excited to see me when I come home. When is the last time you jumped in my lap and licked me?

The fact that we watch porn, or really want to have a threesome doesn't mean we don't love you any less. We watch porn because we can, and for threesomes we just want to have some fun or experiment. In fact, if you're willing to, we usually end up falling in love with you all over again for being so open and trusting us to do this. I know that anytime I've had threesomes (or foursomes) my relationship ended up stronger than it was before the incident. So just because we ask for it doesn't mean we're bored of you or don't love you, we want to try new things with you and open up new doors, and maybe even rekindle the spark if done right.... Not the best but frankly it was the highest on my list, almost every personal thing I've had I've told my wife about. Love your work, very successful!

Most men need lots of sex and loving from their woman to make the connection in the relationship real strong.

how did you like my sex

Not applicable - I am able to tell me girl anything.

nothing i would tell her.

use less teeth during oral sex.

My truest inner desires

Relax, men are not the enemy we just don't play the drama game as well as you would like.

be always sincerity respect & confidently admire me to be her number one in the warmth, Lovely & intimacy feeling for each other forever

I crave physical affection FAR more than she thinks I do.

Men are different than women- just accept it.

cheating

Regular and ongoing sexual encounter is essential in keeping the spark alive in a relationship. Sexual banter, sexual teasing (in a good way), sexual touching, an open expression of eagerness to keep the physical game alive. That is where happiness lives.

I don't know if I'd be afraid to tell anyone but...women don't seem to understand sometimes that sexy is 30% visual and 70% attitude. Women have so many image issues that they forget that a woman comfortable with her own sexuality and desires is sexy and will turn heads. Even "hot" women can be unsexy depending on attitude.

I LIKE BLOW JOBS,

Want more wild sex, more blow-jobs, etc

That we are emotional and after a fight we regret everything that happened, whether it be what we said cause we were mad or just feel guilty that we were fighting

i love blowjob

that I like when she licks my ass, and that I'd like her to try to play with prostate, but I'm afraid that she's going to think that I'm gay even if I don't have any attraction to men what so ever.

Blowjobs are awesome, but if there is a reason you do not want to give them, tell us. Don't just sit there and say you are not going to ever do it again. Tell us why and we will be able to accept it better.

If you withhold sex, we will look for it elsewhere; porn or worse yet another woman. There is only so hard we will try to get you interested before we just give up if there is no hint of a response from you.

Sex is like food. If I can't get it at home, I will find it somewhere else.

I wouldn't have a problem telling her but I really want her to be naughty and seductive in the bedroom (and out in public where no one can see, and pretty much everywhere) as long as she appears sweet and well respected to herself and others, but I secretly know just

how naughty she is and how she wants me. It's really important for her to go out of her way to desire me. My naughty seductress. Martha Stewart in public and in the kitchen, and anything goes in the bedroom. Hope this helps :)

that i sometimes do not know what i want. that i have my ups and downs just like she does. and can be uncertain about what to do in some matters. like how to deal correctly with surprises and not look bad in her eyes. hope this helps

That her female mood swings can create disharmony and confusion; as one day its OK, the next, its WW3.

Sex is not a tool to use for control

is she cheating on me?

she doesn't give good head

to relax and enjoy yourself. let yourself go!

Here in Brazil there is a joke which says: Asking does not offend since asked with some diplomacy! The question of doing a Blow Job is very delicate matter and I would have difficulty in asking my wife (if I had one, because I am still single) or even to a girlfriend that could have the possibility of becoming my wife. I know that this matter actually has been more present but we men, before doing this, should consider and reflect about it because we could have had a female and they could have had a male. So, the situation could be exactly the opposite.

That I avoid sex with her because I can't get an erection anymore without watching porn.

that she sucks when it comes to love making.

Overall, be more ambitious outgoing and adventurous to try things.

I think the biggest thing about women is they don't know how to tell their man something is wrong in the relationship until they have decided to move on. If there's a problem let your man know so it can be worked out, Men don't read minds.

Speak your mind. Truthfully, quietly, without drama or moods or emotional manipulation or whatever - for God's sake tell me what's on your mind. No I am not a mindreader, never was, never will be. Your directness, honesty and desire to communicate may not excite you as much as those silly mind games. But it will earn you my utmost attention, love and respect for treating ME with respect and not being a drama queen yourself.

girls like to look at girls and many would go into threesome

I want sex all the time

better bj

Men ASK for advice when they want it....otherwise, we don't need it.....OK?!?!?!?

SHOW me that you love me instead of just SAYING that you love me. Don't be scared to spend time with me.

I would love for her to enjoy oral sex

It bypasses anything logical and goes right to the animal instinct that turns women on... So getting them to understand logically what men want basically turns them off and throws a monkey wrench into the whole deal. you go from 500 years of sexual and biological development to the 21st century. Basically women have to be turned on and that is what makes them behave the way they do and there is no real logical explanation for it.

I want her to marry me.

That I'm going to be rich in a couple of weeks.

I want her grown son (38) out of our house

more sex

How much the simple things matter the most.. The simple touch means more than anything.. Plus the telling of what I mean to her..

that she is way too controlling.

to loosen up and relax

that she needs to tell me what she likes in the bed I'm not a mind reader if she is willing to try new things talk it with me

I watch porn sometimes when she doesn't give me what I want, a poor substitute, but if she only knew what I would really like...

I feel totally unappreciated for all that I do for my wife. She ignores me beyond belief especially when it comes to romance. It is as if she has NO romance in her being.

That I want her to initiate sex more often, especially "surprise" blow jobs.

I wish they wouldn't play games when it comes to our relationship and just be straight forward.

She getting fat

your feelings

i love Asian women and especially Japanese women.

There's no such thing as "too much HEAD"

I think she's the sexiest, most desirable woman to grace the Earth and wished she felt the same way about herself.

that i secretly want a three-some.

That I wish she would still act the way we did when we first met, or even when we were newlyweds. My feelings haven't changed, why did hers?

That I want her to compliment me more often

suck me off in the mornings

that the more loving, affectionate and understanding they are, the sexier they are.

That I'm the smart one in the relationship.

That problems are just boulders in the stream. Don't sweat the little things and life will move along. And whatever you do, don't be nasty if things don't turn out your way...they rarely do.

the times she bitches about something she is doing but is not willing to do something about it and expects me to do something about it

How I hate when she mocks me, she thinks she is being cute and it hurts

She needs to follow through on her big promises

Learn to deep throat.

what they mean to me.

how much I want her sex

i would love to be more of a priority in your life

That men think if they aren't getting it then some other man or woman is, and that we want to know their kinky side and for them to be open about sex talk to us about what they want and don't want help us completely satisfy them most men want their partner to be happy in all phases of a relationship but we aren't mind readers

How to get her to thirst to have sex with me.

Love the aspect of being desired and wanted but too much is too much. Girlfriends speaking of here, i have used many of the techniques that have been suggested and recently have found that in response to the personal woman attentiveness these women don't want to give you any space once you are able to correctly apply the techniques and skills provided. From a girlfriend: "I have never been so in touch w/ a man when making love Yadda Yadda Yadda." then some never want to give you the space or concerned that you might be providing the same to a female. Women get too clingy when they are too satisfied which in return ruins much of the mystique that they once had which makes things a bit exciting.

That I am scared & need to know it's okay.

more initiative from her

There is nothing I want her to know that I wouldn't tell her. I can talk to her about anything. Really anything.

I want her to instigate the sex once in a while!

I like to watch when you masturbate, and you should masturbate more often, it is good for you.

For me it's I like to be told how sexy or what ever. Let it and tell us men what they like or have something for like our ass or what ever.

that I still want to have sex, even though they have no desire to have sex anymore.

That she needs to remain as the female of the relationship and not try to overtake me as the dominate male of the relationship.

how many girls i've been with

I like BJ

Men get lonely too.

she needs to reduce weight

My insecurities

That I want her to start my day with a killer blowjob every morning.

THAT i love a finger in my ass during oral sex

I want her to know that when I tell her who my favorite pornstar is. That it's because of the things that she does in the bedroom. I don't want my girl to emulate them to a tee, but I do want her to be able to do oral and sex the way they do or better. I am always will to be my girl's practice dummy when it comes to that, and vice versa for her, if there's an area she wants me to work on so she can get it like she wants. Then she should tell me.

that i like anal sex

sex



i just can't help myself but love sex

love da world

I'm horny all the time.

My life depend on her and she is my life

I wqould like to have a threesome.2 girls and myself

Men have feelings also... and get horny and need too be loved and cared for!

My wife should know that if she initiated sex or even just offered up a bj for no good reason, that my self esteem would get a big boost. Guys (and husbands) don't want to be taken for granted for everything else we do just like women.

licking her before she has had a bath, the smell of urine is a huge turn off

That whenever we fight and yell and clash that it hurts me just as much as her, I want her to kno I feel like shit for it immediatly after and just wanna put it behind us instead of bringing it up again

Men don't make the best accurate assumptions all the time so tell us what your actually feeling and thinking w/o beating around the bush but in a RESPECTFUL AND TACTFUL WAY!!!

that oral sex is a good healthy thing!

That I will always have feelings for my High School sweetheart and I would likely drop everything to be with her again.

love is all there is...

How do u even start to ask if they are clean (as in STDs)

I want to have multiple partners for sex ....

I would love to have her sit on my face and pee.

to lose weight

Her to be sexer for me

That I have a sensitive side too but sometimes its difficult for me to express it without going overboard or making it seem like I don't care enough.

Being with one woman sexually for your entire life is insane. I think about sex 1/3 to 1/2 of my day and to expect/demand only one person to answer all of your sexual needs is not fair to the woman since she couldn't possible satisfy all your needs.

Her body odor. Specifically in the armpits.

how to relax, enjoy

That I want her to find me more attractive that all the other men

you have to be selfconfident and independent so that I love you

You're not very exciting in bed-it's a turn off to not be into it

Respect and admiration, if displayed properly, is more important than sex...even the kinky wild stuff.

I would love to see her with another woman.

Confidence is the ultimate sexy. Be confident in whatever you wear, however you fix yourself up, how you fix your hair, etc. and you will be sexy.

Sometimes, it's OK for the man to be the weaker sex -- maybe he's tired, physically or emotionally, and needs to be tended; maybe he wants a little domination in bed; maybe he wants you to make the decision about where to eat or what to do. He may be big and strong and masculine, but he can't do it all, all the time.

I want a lady in the street but a freak in the bed

nothing

Why sometimes we don't talk. This isn't mine but I agree with it. It's from Jake Johannsen. We don't talk sometimes cause we are basically talkin ourselves out of shit all day long. Don't do that. Remember what happen last time, etc.

Why women love to nitpick on such the tiniest of details. In the case of the guys, we are not being interrogated...it's just we are asking for some type of understanding and simple answers to our questions, not complexities or saying something that came out the wrong way (in terms of attitude and actual tone of the words being used to explain a situation).

I wish women understood that men do not respond to hints, clues or innuendo. If you are not satisfied with anything we are doing or are not doing in a relationship then tell us so in plain language. It is not that we don't want to be all the man you want us to be or dream of us being, it is that we need reminders and instruction to be that perfect or as near perfect man for you that we can be. We want to be the man you fell in love with in the beginning of a relationship. Unfortunately things like work and providing for the welfare of the family often gets in the way. Remind us in plain language that you need more romance and and to feel "connected" and we will do the rest.

That I am more concerned that they get off even more so than myself during sex.

Canada < The United States of America

how they BORE, BORE, BORE ME TO DEATH EVERY WAKING MOMENT OF MY LIFE AND HOW THEY HAVE FOR YEARS  
!!!!!!!!!!!!!!!!!!!!!!!!!!!!

I want make sex with different women.

That I cannot read her crazy mind. Her emotions rule her head and most men are logical.

Guys want a woman with two personalities, one that can call Make her a Princess and another one that can become a bitch in bed. Personality matters in sex, and guys love it when a girl plays exclusively with a man, specially stimulating visually with sexy clothes, poses, etc

How frustrating it is when you feel like you can't say what you ate feeling/thinking because ot will hurt their feelings/start a fight/argument.

That I like my ass licked

I wish she would give me head more. I fantasize about a three way with her sister.

That I love her more than life it self and can't make it alone but staying macho is the way of a man

That I love her and really need her now so bd that il stay up till midnight to get her back

That she get me hot without even trying.

That I want undisclosed sex with her.

I think most women are very selfish at heart, they are very happy taking but don't really think they have to give anything in return. If men are expected to step into a woman's world to make them happy (giving them their definition of happiness), then they should listen more often and feel ok about making their man happy in return.

How often and how much I think about her.

I'd love her to be more adventurous in our sex life.

It's OK for her to want, crave and desire all kinds of sex.....

Regular sex (2 to 3 times per week) will keep me very happy and not be concerned about little annoyances. Thing is I think I have told this to girlfriends before and they don't seem to take it to heart. :(

That EVERY part of a woman is beautiful to a guy, not just the areas that are most visible.

Sex is a really big deal

I would like to tell her that I think she's cheating or that I feel as if she's getting ready to. Keep in mind that in our case, sex is not he problem. She has issues that prevent her from opening up emotionally and loving me back. It's almost as if we have reversed roles, in a traditional sense. I'm the emotionally available one, she's more guarded and has trouble expressing or receiving love. In fact, anger is the one emotion that she has little trouble expressing and it's usually when I display my dissatisfaction with this one area of our relationship. I know you said ONE thing, but I really feel as if she might be considering cheating in an attempt to find a less "complicated" partner.

I sometimes fantasize about other women whilst making love to my girlfriends...

That I like it when she's touchy/feely with me when we're in bed. That I would love it if she explored my body as much as I do hers.

That we men would like the idea of fucking lots of other women if there were no consequences but despite the thoughts we are still committed to our one partner

Can't stand all the drama they seem to enjoy in their lives at all.

I love her, but I want to have sex with other women.

to let me know what she wants in bed

If she doesn't accept her man for WHO HE IS, and embrace him, she will always been lonely and looking, thinking the GIG is in full affect. This is the truth.

That remembering specifics about a sensual encounter are important to men... we send txt messages to them where they 'fill in the blanks' but men would like women to be much more explicit.. and remember more details from all the senses... (at least I do...)

Im good under pressure when it's critical to be good...

How much I want to have sex with her !!

it's ok to be expressive during foreplay and intercourse

That she has has strong unpleasant vaginal odor

I wish my wife would drop all of her sexual inhibitions and just be wild and crazy in the bedroom. Rather than me (nearly) always being the one to initiate the more "out-of-the-ordinary" sexual activities, I'd love it if she would initiate them too. When she does, my desire for her and delight in her multiplies by 10--both inside and outside the bedroom.

The man's number 1 need in a relationship is sex. His Needs Her Needs backs that up too.

How much I want to feel loved without a need to have to earn love.

Sex

It's ok to give us guidance and share with us what really gets them going. Whether it be a scent, taste, touch/feel, technique, toy, sound or whatever. We don't take directions or suggestions to mean we aren't doing good enough. we want to do the BEST for our lady.

Her rejection of me in bed hurts me emotionally more than I let on.

that I would do everything to keep her happy , but I doubt to tell because I'm afraid she would take advantage of that.

even though we look when we see a hot chick, it doesn't mean we want them more than our gf. it's just a natural instinct to look.

her pussy is not as tight as before and she needs to do some pussy muscle tightening exercises

I want oral sex

I fantasize about getting it on with her and another woman

Sex is the most important part of a good marriage

After 19 years of marriage I think our commitment to each other is clear and we should be free to ask for whatever we desire. One time is fair for most anything.

I WANT HER TO ACT LIKE MY OWN PERSONAL SLUT/PORNSTAR

Where is your G spot?

How to be more equal when it comes to what each other wants when you are making love. Pleasing each other with what they want and needs are to be satisfied

Tell my wife I have a girlfriend

I want to add another woman to our sex life. Maybe full time!

that men don't needed need to talk about every little thing that happens in our day! oh and if a guy's been silent doesn't mean he's in a bad mood or we are angry about something we are just silent

She needs to suck harder when giving a blow job.

We don't believe in monogamy as much as you do.

That's she overreacting when she insists she's not

I try to tell my wife everything, trouble is she either doesn't believe me or doesn't understand. I will do anything for her to be happy and fulfilled. including help her live out fantasies or whatever. She just doesn't believe me. I will do anything she wants!

Wish she was more into me and paid attention.

Men are simple, if we have food, shelter, and regular sex we're happy.

I wished that they knew, for the most part, how demanding and pushy they really are. They make way to many "one-sided" relationships because they fail to know that they are 50% of "our" relationship!

Suck me hard

That it is 'okay to open up and give yourself to your man and not play the role acting like you're doing him a favor everytime he wants to make love. We know you want it like we do so initiate sex sometimes instead of having him begin.

To know if she is substituting me for another man

I really, really want her to know that no increase in sexual behavior with me will ever be unwelcome, no matter how badly timed. I'm going to take it as an affirmation that she's a sexy, sexual creature and that she knows I'm interested in her. I may not be able to take her up on it in the moment, but I'm only going to feel better about her being playful with me.

nothing

I love her

Everybody, both men and women, feels TRAPPED in a long term relationship shortly after the "In-Love" chemicals wear off, But it takes only a little effort and a taste for adventure by both people to keep a relationship young and alive.

How much closeness and intimacy mean to me without sex and in the act of sex , a little feedback (not faked) would be helpful

I would show her more affection if she would give me more frequent oral sex

Be polite, proper and conservative in public be a whore in the bedroom. Be adventurous, spontaneous and dirty  
sex desire

How she looks, both body and attire is important to me.

let yourself go when the time is right

Men want sex but that they are gentlemen

how I really love to go down on her, but she never gives me the opportunity

I would love a threesome

Quit worrying about my ego getting hurt. If you have something to discuss tell me in direct wording and then be quiet while I take it in. Your worrying about my "reaction" only distracts me into being concerned about you.

i like it when women can appreciate that, we're not all going to be perfect leadership right now type guys, in the usual sense and thus, would take charge of a situation. they ought not to doubt themselves or get in to this habit of only letting people in who hurt them, they need to know that they deserve better and go for it. it's ok to seduce a guy, that's what women should be doing more often

That I want to have sex every day with her.

That I love it when she's a slutty whore, whether it's with me or another man, woman, or couple. I'm secure in our relationship and would love to watch her act out and have fun.

how to do a blow job

It would be more fair if women understood that we had our own insecurities like they do and chilled out a little on expecting perfection

I would like to explore anal sex

porn addiction

That I need her to Love me and to be 500% on my side as we go through life's challenges.

That there is \*nothing\* she could ever want to do that would be "dirty" when it involves both of us. Because of our love - whatever she has in her mind is a good thing.

The saying that wife's should be classy outside the bedroom and a slut in the bedroom is very true.

That sex is fun

That I need to see definite signs from her that I'm appreciated/capable/adequate/loved. Preferably in ways that mean the most to me.

She needs to exercise more.

# SECRET SURVEY

WOMEN'S RESPONSES

RAW DATA

**WARNING:** THE RESPONSES CONTAINED IN THIS REPORT ARE UNEDITED, AND COULD BE HIGHLY OFFENSIVE TO SOME READERS. DISCRETION IS ADVISED.

***If you suddenly had telepathy and could see into any man's mind, what's the one thing you would desperately want to know?***

Does he love me and in what way?

how to make him want to marry me

Why he is not saying what he really feels?

what he really thinks about everything

how he thinks on women

If he would ever stray

What makes a man cheat

how to get him to feel safe and allow himself to love me.

what he's thinking

whether he really loves me...

What are you afraid of when it comes to women and being in a committed relationship?

Does he love me.

How they really feel, if they truly love the woman they are with.

what I can do, say or text to make him more emotional and romantic

Feelings

how important I am to him and if he is in this for the long haul

What they think of first when attracted to a woman

How they truly feel/think about me.

What's the reason that keeps him doubting our relationship.

Why is it harder for men to do long distance relationships than it is for women. I met a guy on holiday through a mutual friend and we were both physical together and enjoyed spending time together. Awesome chemistry. He said he didn't want it to be anything more because I live overseas - that doesn't bother me but it's a big enough reason for him? Confused!

what they are thinking

what he is thinking about?

How to keep him coming back for more and more lovemaking.

If he wishes I would stop dating other men.

Why do they suddenly stop trying to please their women once they're married? Is courtship just a string of lies and pretenses?

What would make him happiest.

how he felt about me and if we have a future

What does it mean when a guy keeps his girlfriend/wife separate from his friends? Does it make him feel weak or uncomfortable or like he can't be himself?

Why he thinks just having more sex will solve our relationship problems

what do men really want?

does he love me only or he has someone else more important than me

What would honestly keep him "turned on"...we have three active boys under 13 that demand our attention and it's difficult to find time for us?

can they really be in love with one woman and be happy?

What make him hopelessly in love me, and miss me 24/7?

What could I do or say that makes him feel so totally connected with me?

did he want me to satisfy him

What they want...really...

How he really feels about me

How much he really cares about me

How would he like me to make suggestions (about changing behavior) without sounding like I'm nagging?

Is he looking for a real relationship or a temporary relationship that includes sex?

Why do men leave at the first sign of conflict?  
does he truly love me and wants me all the time  
What he really thinks about me  
Whether or not he sees me in his future plans  
Can you be monogamous.  
what they are thinking  
what really goes on in there????  
Why he is so insecure?  
Why he gets so depressed.  
are you attracted to me?  
Why he talks to me the way he does. Makes me feel stupid a lot.  
What really made him happy  
Does he really care about me?  
What he is thinking.  
What is he thinking  
his true feelings  
What he's thinking.  
Why it is so difficult to honestly admit even small shortcomings and offer heart felt apologies. Do they really expect to be seen as perfect?  
Why he won't open up  
how much he really cares.  
What are his intentions with me  
How to totally win him  
Does he really love me, is he loyal, and does he think I'm hot.  
how he truly feels about me  
is he thinking about me  
What does he feel about me  
What he REALLY NEEDS in his life.  
what plan does he has on our relationship  
How does he really feel about me  
His honest feelings about me.  
If my husband is still cheating on me with his ex-girlfriend from years ago on Facebook, emails, phone calls, etc.  
what does he think of me  
Why hasn't he asked me to marry him yet?  
What FEELING he's having that he's not communicating.  
how does he really feel  
What motivates them.  
How he felt about me  
If he's actually being honest to me about cutting off communication with his ex.  
What they are really feeling; all their emotions.  
how he felt about me  
What he thinks of me.  
What he really thinks about his marriage? Spouse?  
Does he like me?  
If he is real honest with his feeling  
Is my husband really happily married, or is he too comfortable to rock the boat.

what quality in a woman he likes most

If he truly loves me and is being honest, loyal, faithful and most of all does he think I'm the one, the right one for him??

If he truly loves me like he professed

Why some men tell their wives they don't need sex as much and they are not cheating and make you feel like the sex maniac. I thought sex is important to men, what happened

How much he loves me.

how he views me

what he really thinks about me?

what he feels about me

What they actually wanted of me.

how he wants me to love him?

If he loves me. I mean is he in love with me, and want to be with me and me alone.

Exactly how they feel at any given moment.

what they thinking

how he really feels

does he compare me to those women he looks at on porn

Does he think I'm beautiful/sexy?

How he can say one thing and do something different, e.g. "I miss you and think of you everyday" and then only call when he wants something (non sexual - we're friends who care about each other more but haven't acted on it).

I would want to know if he was honest and sincere in his intentions, and how to tell when he's not.

what does he think of me

what he is thinking about me

what will stop him cheating on me?

what would stop a man from cheating

Why emotional commitment is so scary to men

Do you want women to make the first move? What do you think of women who do?

How does he see me?

Is he honest?

What ARE you thinking????

if he loves me truly as his lover and wants me or not? and how much is his love?? not money thing, but if he loves me very much that he can't live without me, or he loves me but he wants to take space at sometimes, or he loves me but he is not ready for commitment and stuff

his manners?

How much he loves me.

What the F\$%& do you want from me? What do you expect from me?

what does he want from his wife?

what's his deepest secret

I would like desperately want to know why my man thinks he has to work on all problems on his own to show he is a man instead of working out together as a couple.

how much he loves me? did I make him happy?

If he truly thought I was number 1 in his heart

What kinds of thoughts my husband has about our relationship.

How he truly feels about me?

What he really thinks about me.

Faithfulness

What would it take for him to fully commit to the relationship (marriage)



Why men complain that women are not rational and are not talking to the point enough but then also complaint when women talk right to the point and are rational? What is it that they want? Or they just love to complain?

how does a husband have a affair after 25 years of marriage keep it secret for 7 years to 12 years and still come home to his wife and children

if he will always stay with me.

to know if he really is thinking of me when he is away..I do send texts of the dirty nature and some pics..but i don't always hear back from him. Sometimes it maybe a couple days after the fact..He is pilot and I work 12 hr nites in the critical care areas of the hospital, so our schedules are wacky..He says he loves me but I wonder am i wasting my time i would like to know if he is missing me and thinking of me.

Does he really love me.....

his sexual fantasy

What he really wants from life/relationships.

do he really love me the way he say he does

Is he truly happy with me, and if not, what's in the way?

how he makes his disitions

What is the number one thing that attracts you to that special women?

things are better when we are together

what one wrong in the world he would right

What will make him want to marry me right away.

what makes him emotionally unavailable

how he really feels about me

if he has any other woman on his mind

How does he feel about me?

is he thinking of me when I am blowing him

What's he thinking overall when we do speak to him? Does evrything do get programmed into his mind or does he just forget.

How to satisfy his every need, want, desire without sacrificing myself esteem

what the one thing that attracts you to a woman?

How to rock his world in a way that no other women has ever been able to sexually and emotionally that he can't get enough of me!

What it is that he thinks when he looks at me, what I can do to get him to do anything I want and keep him loving me for as long as I need.

whether he truly loves me

If he isn't thinking of someone else while he's with me.

What he is thinking when he says he loves me but only wants to be friends.

What is he really thinking/feeling about me?

If thought about me at least once in the day time..

Am i the one ? Does he really loves me?

Why he can't be loyal to me.

What was he thinking?

how to get a man to show me his romantic side and sacrifice for me so that i know how much i mean to him

When men are never happy with the women they have and are always looking for someone new.

I would wanna know what kind of women attracts them..

what kind of treatment from a women really make him feel like a men

What causes the selective hearing

if he s faithful to me

What he wants me to do to make him happy. So I can then decide if that is something I want to/ am willing to do.

How does he feel about me?

What is he thinking?

Why do they seem to be intimidated by independent women who don't NEED a man to be happy? AND here's a free one - why cant they stop themselves staring at girls? I'm a pretty girl and am tired of men drooling when i walk past. It's plain rude and very uncomfortable.

sincerity towards our relationship

I wouldn't look into any man's mind, I would want to look into the men i actually value and find out how much they value me.

If I was really the one he wants to be with

What he REALLY thinks of me

What it is that would make him commit to me and me alone.

many things all together but on top of all, i would love to know What he says about me as a woman to his closest people; and ok, the other most curious thing is The way he sees us making love.

Does he still love me?

How many lies they've told women.

What is the future of our relationship?

What would make him love me unconditionally for ever.

The thing that they fear most. No man shows that (at least no man that I know of). I'm not talking about fear of getting bored, commitment or something else silly, but true fear. OR: What does this man tick?

Confirmation that I am on the 'right track' - (reassurance) or a gentle re-direct as to what you want or what I could do better.

Is he faithful to me.

what he is thinking about me

How he views me

That he loves me as deep;y as i love him.

does he really want to listen to me talking

What can I do to hook him on me forever AND treat me extremely well, too??

what is the number one important thing to him

That he crave to make love to me and love me only

if he would ever be intimate with another if I were to pass on

It would be different given any particular day, man, and situation, but it would take the form of "What does this man feel about such-n'-such and why does he feel that way?" Asking, even in a non-judgemental way, doesn't always give the true answer. Sometimes he thinks the answer is one thing and says so, but actually the true answer is shown to be different later. Sometimes he won't give an answer. I ask because I care and I want to understand.

if he loves me and he can commit to me and marry me

Whats the one trigger that REALLY turns him on

Why they feel the need to check out every other women in the room. Even though they try thier best to do this without you noticing.

how to turn him on, leave him wanting more, but still respect me as a women and individual.

If he really loves me or not.

what excites him with more intensity !!

what it is about me that they like, can t forget no matter what.

What is the one thing he truly wants in life?

How to make him fall in love with me?

does he find me sexually attractive

I would want to know what to do and say to make him never want to leave me.

How much he cares about me

If his erection is going to last for any length of time this time..... :)

Why men search for the woman of their dreams and then find it only to sabotage the relationship and run! 3 years later....here they come back.....I am sorry...you were the best .....I did not realize what I had.....blah! Blah! Blah! Grow up! Know what you want, stop lying, and stop being self-centered, egotistical, evil bastards! "All about me" is very unattractive these days! A six-figure salary and a Mercedes does not make you more than WHAT YOU INWARDLY ARE! If your toys are gone.....who are you?

what he thinks when he sees me

Even though I have gained weight do you really find me attractive.

if he really means what he says

How to get him interested again

How do I get reassurance from him at those rare times when I REALLY need it. All I want is to have his arms around me and know that he loves me, then all is well with my world.

What is he really thinking about me?

Am i good enough?

I'd like to know what I can do to make him happy without becoming someone he doesn't want.

Is he into me?

How he really feels about me.

how he sees me - as in "forever girl" and why or why not?

Does he obsess about me the way I obsess about him, wanting to do things to please me as much as I want to do things to please him.

Does he really want to be with me?

what turns you on the most?

if he found me sexually attractive

He wants me to talk dirty, very dirty, and for 8 months I'm still trying to say what he needs to hear!!! (I have read Devian's Guide several times and try to talk dirty without getting nervous.)

What are his genuine feelings for me in the long term.

Why is he afraid to express his feelings for me? Why does he not let go of past hurts....especially those that cheated? Why won't he just let me go, if he is not able to provide for me as he wants?

(Other than why I'm dating a loser at the moment)?? Why they can be so hard to read, or rather why it seems like their feelings shift from wanting to look towards the future one day, then the next; they just want to be friends?

What does he really think of me?

How much does he think about me during the day?

What makes a man \*want\* to be the devoted guy he says he wants to be? I've been with two men who say they love me, do all kinds of things to please me but are not consistent about it. Grand gestures are nice but I'd prefer daily strokes than grand gestures.

If he truly cared for me.

How he really feels about me.

how to turn him on sexually, and still be a life long partner

Will you stay with me no matter what

What should I do when he is hurting or sad and doesn't want to talk about it.

How to make him feel secure, loved and confident that we are for life. How do I make him get that feeling?

why dont you tell us straight out when you arent into us?

What he thinks during various situations. How to get him to understand my feelings when he doesn't think something matters. Does he really mean all the things he says.

What he really thought about me

What he truly thinks of me. And the one thing that would truly make him melt.

That he treasured me.

What he wants, who he is, how he feels, why he is

What he needs, what he feels, what he feels for us.

Why do not share your feeling more regularly?

why do men feel the need to hide facts ,that would not mean a thing,nor would they be in trouble for.I am not referring to major things like affairs or anything large .

what makes a man true, faithful, loyal and honest?

how do they fall in love

What has made untrusting of women.

If he really loves me with all his heart.

how does the shape I'm in physically, really affect how attracted to me he is?

I would like to know what makes him get really interested in a girl

If you sleep with a girl on the first date , do you lose all respect for her?

I would want to know how he really feels about me. I would want to be able to feel love in the way he feels it. I think men and women love differently. I think feelings of love are different for women and men.

I would love to know how he really feels about me.

If he was telling the truth or giving you a line

How he really feels about me.

Why sex is always on their mind?

How he really feels about me.

If he really loves me

Is he into me as much as I am into him ?

Is he happy in the relationship?

How he really feels about me.

Do they really want to commit or not?

How to love him properly

Does he love me with that forever kinda love

Do you love me?

What they were really searching for and wanted.

That he thinks i'm really hot. Its all about confidence.

What does he REALLY think of me at that exact moment?

how can i arouse him?

Am I the one he truly desires and loves

What does he want

what would make him love you deeply

how long he last in bed

if i'm the only woman in his life

is he with someone else? most man at 40s start to flirt with someone....

if he still desire me

Will he marry me

his secret mistress

Is he faithful. What type of person is he and does he tell the truth or tell me what I want to hear?

I would want to know what to do in order to keep him in love with me long term. How to keep his interest and love.

what do they want!!!!

What he's thinking/feeling? The silence and guessing games are killers!

I would want to know what he really thinks of me.

My guy has ED. He's not much on foreplay, so sometimes he takes his medicine and I guess expects me to read his mind and know. I love sex and hate when he wastes a precious pill by not talking to me or making any move to make love to me. I'd like to know why he's that way about sex.

if the man i love loves me back as much as i love him

What makes them happy in a relationship long term?

Does he love me enough to want me in his life forever?

Why is it so hard to talk about your feelings?

how much i mean to him and if he would ever cheat on me

What he is really thinking and feeling.

How he truly feels and what he is thinking

why does he agree to something and then shut down like he's angry or something.. ?!?! why can't he just say what's on his mind in the first place?

how to make him want me desperately.

How to understand him. How to translate what he thinks into words and actions that I can understand.

if he still adores me.

How come you want a strong woman but you feel the need to try control her

if he hates kissing and caressing

How much does he love me because my man isn't good at expressing his emotions!

Do they really always need the pursuit? And once the Pursuit is over do they lose interest?

what does he actually think of me?

how he really feels about me...

What he is thinking :)

...I'd want to know his heart and if he's being truthful, with whatever. I can take the good and take the bad, but can't take outright lying, especially towards major things like intentions, manipulating people.

Exactly how he feels about me. Does he love me, am I no 1 to him etc.

is he trustworthy and honest

How he really feels about me, when you hear the shit a man can talk when he is with his mates, it is hard to know sometimes which is the real him, the man with his mates or the man alone with me?

How does he feels / thinks about me?

Why do they hold back on giving affection to women?

If he was cheating

How can they be so indifferent to making plans with a woman and then decide they are not going to follow through?

if he truly love and care for me the way he says he does.

How he really feels about me/us

where is he think feeling from on the scale between penis and heart?

What gives him the most joy in life?

If he truly loves me.

When my boyfriend and I are getting engaged

Why men accept loving actions but don't return them.

What could I do to have him feel like / be more expressive like / treat me like he did when we were first together. Or at the very least be able to tell that he still feels that way/loves me and isn't just settling.

how important of me for him

what he plans for our future

What do you see in women?

What he would enjoy

What he finds attractive in the women surrounding him.

How he's processing whatever he thinks I'm telling him.

Why he's not into me anymore

What is the thing that makes him want to be with a particular woman the majority of the time.

What he thinks about me

what he is thinking

If he is faithful.

does he enjoy the sex.

Has he been as honest with me as I've been with him?

what would make him happy and content in the marriage and not want to cheat.

how desperately my man loves me and needs me.

What things annoy him that he won't ever tell me!

How to keep his attention without trying to seduce him or flirt with him.

What does he go through when he falls in love?

What he thinks a relationship really means.

his honest unadulterated opinion about everything.

why they are hot one minute and cold the next

Does he think about me all the time, or am I just an after thought?

What he really thinks about me especially about how I look and if I truly make him happy

Why is it so difficult for a man to commit to a woman even when he knows she is who he wants.?

I'd want to know their honest character - are they honest, open and trustworthy on the inside?

if he is not lying

What exactly does he want from me - friendship, sex or a long-term relationship. Most of the time, I can't tell until I've read it wrong and blown it in one way or another.

why they cheat

how he really felt about me

If it were someone new, I would want to know if he really into me. If in a relationship, is he happy and satisfied me and if not, what does he feel is lacking.

What he truly wants in a partner

what they are thinking.

What he is thinking about?

What is it that I do that makes you the happiest?

Why is he not showing his feelings in a way I can feel as romantic?

Why still looking for someone else when he has already a girlfriend/wife?

Do they think I'm attractive?

What it would take to get him to open up and say what's on his mind.

what rekindles his love for me.

what one thing he wants from me which would most improve our relationship

If he loves me above all others and if I please him sexually in all ways

Am I enough for him?

How important I really was to him.

Are they bored, unplugged or really just that unobservant of the world around them???

if he loves me and if he would want to marry me.

is he first attracted to a woman mind body or soul

to be able to understand how a man shows his love for a woman and be able to recognize it.

What he really thinks of me physically, emotionally and mentally and also what are his intentions for me

How he really felt about me

Will he remain faithful to me forever

I'd want to be able to tell what he's thinking when he won't talk to me. He's no better than I am and I just don't get it. And I'm a school counselor!!!

How does he deal with anger and resentments from a very passionate past relationship?

how do I get you to really demonstrate how you feel?

What would it take to make you fall in love?

how does he see me

Does he find me attractive

why they never pay attention to everyday activities

Is he seriously forgetful? Or is it just easier to say 'I forgot'?

How to tell when he's telling the truth

how do you feel about me?

Does he lie?

His deepest secrets, things he would not even tell his best friend.

How honest, trustworthy and reliable he is

all of his emotions. If he was happy, sad, angry, feeling passionate, in love - all the things men (or at least in my experience) don't communicate.

Do you really still see me as the only one you will ever love?

Does he feel he is a good provider?

If he really loves me, And see me in his future

how hes feeling

I would like to know how easy it is for him to lie. Does he have a conscious I guess.

Why is it so hard for him to compliment me on anything, cooking, how i look, what a good job i did on cleaning house....etc.

If he has ever cheated

why are they so wicked

Am I the only one he thinks about/ want

if he had been circumcised

Why do they lie about everything?

Does he really love me

I would like to know if he is faithful and would remain faithful.

How to connect deeply with him (if he's my husband)

I would want to know if he got with me because he truly cared about me, or loved me, and not just because he felt sorry for me, or because he was just "settling" with what he could get at the time.

Does he cheat on me?

Why being well-rounded, smart, social, kind, thoughtful, respectful, friendly, not a slut and not a b\*\*\*h does not actually attract men!

Do you prefer women who put out on a first or second date or women who make you wait for awhile? Do you value the woman who makes you wait more than the woman who sleeps with you after a first date?

how he really feel about me, if he loves, or just like me, does he want a long term relationship, does he see me as marriage material

It would be a combination of two things. One is does he only love me and second, is he telling me the truth.

when they are true

If he really wants to be with me

Did he have the affair

what he thinks/desires about the relationship we have

I want to know what is going through his head when he is mad mad at me, I believe that her loves me I just don't understand how angry and passive he can get when fighting... If this makes sense

What will get him to become the man I was dating rather than the man who lives with me and ignores me?

how does he feels about me

what do you really think of me?

What does he find sexy about me?

Why they say they want a relationship and to settle down yet the minute they're in one they get freaked out and bolt.

How he "really" feels about me?

Is he secretly talking to other women

What's on their mind when they decide to not call or text us women, since the classic answer is always "i forgot".

Why don't you do things without being asked to do so?

What things make him love me the most?

Why he is not so lovey dovey? and how to make him expressive!

How he Honestly feels about and sees me.

why do men hold back and stop treating their women with love and respect once they know they 'got' them? It's the worst feeling in the world. Like I've been had.

when, why, and how he lies

Is he still really in love with me?

What makes a man want to stay, and stay in love, forever?

Actually, this may not help in what you are trying to do, but the one thing I would want to know is how to communicate with him at that particular time in the particular level (business, romance/sex, playfulness, etc.)he has his mind.

If he truly loves me.

What is your man really thinking and feeling about you? Why play mind games? Why don't they say I Love You often? What is wrong with you?

i would want to know if he really loved me more than anything else.

Why can't you just say how you REALLY feel about our relationship and not just what you think I want to hear.

Is he trustworthy?

What do you truly feel/think about me?

Why you would cheat on me??? What would I have done or do to you that would make you even consider it?

How he feels about me...really

Why does he insist on looking for other women's attention and doing things behind my back?

I wonder if he is telling the truth?

Does he truly love me ?

what would make him change his mind to leave me for this other woman

What keeps him interested in a woman.

How he really feels about you

if he love me

what he is thinking

what he thinks of me?

What can I do to make him feel more appreciated and loved?

That I'm the only woman for him and that he has no desire to cheat.

Read his emotions

How to soothe his fears.

how he feels about me

Whats up with the mix signals? Is he trying to get closer or pull away politely?

Why what he says and what he does are not the same

what can i do to snag his heart?

What he is afraid of?

how honest, caring, and reliable he is when he is in a romantic relationship.

i wanna know all his dirty thoughts

what causes men to cheat and why they think they need to why can't they talk to you about it calmly they say they love you but you wouldn't cheat on someone you love so why do it

What his true feelings were for me and our future.

What does he really think about me? How deeply does he love me? I've had boyfriends who were really good about letting me know in no uncertain terms - in words - that they loved me. My current boyfriend, who I love with all my heart, does a lot of wonderful things for me, but he rarely says those things I want to hear so much - leading me to wonder sometimes whether he really feels that way.

what does he think of me when we talk? is he comfortable

what he really likes and dislikes in aspects of his life, from the simplest to the most secret

What he really thinks about me, and feels about me, what he honestly likes and dislikes.

does he really like romance or does he just want to have sex.

his biggest fear.

what he thinks about me

What makes a man want to be completely faithful to their significant other and not have the urge to cheat



What turns him on the most

how to make him only ever want me as his partner in life and in the bedroom.

if he truly does love me

What his real feelings for me are

Do men compare the women they fantasize about with their significant others and if so would they prefer the fantasy over the reality?

Is he thinking of me? Does he miss me and will he call me, even if I'm the one that broke up with him? I want him back so bad. I broke up because he ignored me. Now I wish I hadn't. I haven't called him, but I want to. It's been 3 days.

What do you find "sexy" about a woman

I'd like to see the path his thinking takes so I could understand better his bottom line.

Does he truly love me? Heart soul and mind.

What makes him happy?

why he says he will do something and then not do it

is he really happy?

What really makes them fall for someone? Sex??? a good mother? Sense of humor?

How does he feel about me?

what he truly feels about me/the situation etc.

How does he honestly view me

How does he really feel about me?

What he really thinks of me.

His honest feelings about me

What is it about other women, that he is drawn to, and how can I get him to focus only on me. What does he secretly want me to do to him, that he doesn't say

What he thinks when he looks at me.

is he REALLY attracted to ME?

When he was going to ask me to marry him

If he's being honest with what he's saying or not. Like not telling the whole truth about what's going on or how he truly feels.

If he really loves me and still wants to be married to me.

what does he want

how often he thinks about other women

If he was cheating on me, or if there is/was another woman in his life while we were/are together?

How they're feeling

whether he is committed to caring about me

why he tells me he is on his way, but takes ages to come or doesn't even come any more and doesn't let me know then gives me excuses all the time.

What is his true motivation?

why he pulled away from a loving intimate relationship with me, never says I love you anymore, but yet wants to be best friends?

If he is happy being with me.. I don't really get much attention to know but I guess the confirmation is we are married and still together!

When he thinks of me, is he thinking about how I look, or making love to me, or what specifically?

how much he loves me

How sincere he is.

I often wonder about how guys feel when they have sex and have told my husband that if I could be a man for a day I would go around and have sex with every consenting woman I saw to know how it felt. He responded, "You're joking right? You do know that you might get lucky in bar if you poured enough alcohol down some horny chick's throat but it would never happen otherwise because women control when and how often sex happens despite all the best efforts a guy puts forward to make things romantic and trying to warm up his woman days before the actual sex takes place... doesn't always work out the way a guy plans... I don't know why... you tell me." I was lost for what to say but he's right... there's been times when he's tried very hard to make a romantic evening for me and I just pushed him away for his efforts and nothing he did to show affection put me in the mood, even though I felt like he was really being loving, spontaneous, and respectful...

What would make him feel loved the most?

how to make him smile more

What he truly wants from me as a friend and as a lover.

What makes him laugh or smile, because that is when they are most considerate and fun to be around, it is also what can help relax a person.

That he truly wants/intends to spend the rest of his life with me.

Why marriage and kids gave me a less giving and attentive husband?

What he really thinks is attractive in a woman. Ok, being honest...does he think I'm attractive, or is he lying to A: not hurt my feelings or B: get into my bed. Now if I could see into only my hubby's mind..... Too many questions to list!

what does he want from me and why

What hand technique pleases him most

is it true that what they say to us are truly from their hearts or just to please us so that we provide more!

Why he is afraid to commit again five years post divorce when we have a great relationship.

If he has a fear of commitment and if so, how he can get over it.

Does he treat himself, others, the environment... with honor?

why he's feeling insecure

If he loves me for me and not because he's "supposed" to because we are married with kids.

What makes him happiest.

Where I stand with him!

why is it that he is thinking of something but could not talk about it you have to drag it out of him eventually end up in a fight

Whether the man really love me

How to communicate with him in an assertive way?

What do men need most from a relationship with a woman?

Why he doesn't remember something I told him 5 minutes ago, usually only when it has to do with cleaning or errands

What do you really see when you look at me, both inside and out.

I would want to know the one thing that he has always needed and wanted, but never received.

Why they lose interest/how to get/keep interest

How he really feels about our relationship

how much he really loved me.

Why men don't offer to help?

His true feelings.

Why he doesn't want to have sex with me anymore

what he's thinking of

What they really want.

If he was ready for a relationship

Why they lie to the woman they are with while they actively are looking for the next one to move on to. Are they scared to be alone?

Why do search for more than you have at home if you're happy

Does he see me in his future

what he is thinking about the relationship and what he needs

does he really love me, does he think about me at all

What makes them interested in addition to sex?

I would want to know if he's in love with me

What I could do to always make him happy.

What do I have to do or look like for him to want to romance me?

what he truly wants in a relationship?

how much he loves me

is it just sex or does he like me

how that they come to the conclusions that they do

if he is really attracted to me

That from apart that I know he sees me as a sexy loving and caring woman (55) I would crave to know if he has future plans with me. (we know each other 2 years and not live together) We have a good time together but I want to peek in his mind if this goes further then laughs, good sex and dinners ..... dont wanna loose any more time at my age.

what inspires him to see a woman as a friend or as a potential lover

am I desirable?

What he truly wants from his partner to make it a long-lasting relationship.

If you love me so much that you wanted an exclusive dating relationship and would do anything for me, why are you content with only seeing each other on weekends? Where's the desire to be more of a couple (see each other more and move forward with a deeper commitment)?

His honest feeling about the subject at hand. Not what he thinks I want to hear

If I can be myself when I talk to men or that I have to play 'the bad girl' to make a guy want me and be interested in me. All my girlfriends and acquaintances that are bitchy and difficult (not prettier!) are always seem to get more male attention and more from a man in a relationship than the "nice girls" like me...

What makes them want to marry one woman and not another

If I satisfy him that he would never look another woman.

What is the key to having him be 100% truthful with me?

What makes him choose one woman over another...what makes him finally commit?

What is he really thinking!

How he feels about me

What pleases him the most - that he would do anything for you.

I desperately wanted to know what makes my man open up and communicates his deepest thoughts with me without being afraid or embarrassed.

why wil he not talk to me. words have such power

What are his fears

How to be of greatest help to you when you are troubled.

If he's happy or not in bed? What he wants different.

What does he really want/need from me?

is he in love in love with and ready to committ to me

what is he thinking at this moment that has nothing to do with me.

what makes him finally decide to ask a girl to marry him

What he needs! AND what makes him fall in love with a women VS what makes him attracted to a women.

if he truly loves me

if he really loves me

his thoughts

the if he loves me

Will you still want me if I sleep with you?

Who he was thinking of.

that if he loves you

I only want to see into one man's mind, and see what he means when he says he loves me, and how serious he is. To understand EXACTLY what he means.

If he is thinking that I'm attractive. He says I'm beautiful but not always when I need to hear it. I feel better about myself when I feel that he finds me irresistible.

Everything he thought about me.... My appearance, if it aroused him. My actions, my voice. Everything.

at what point is he thinking about me?

what it would take for him to commit.

Why he says one thing and then (in the next minute) does something totally opposite!

Why he is reluctant to commit?

How much he loves me?

What is he thinking

What he really needs from me

How to maintain attraction long term

if he adores me

My man has been hurt in the past by women, thus finding it very hard to understand how to break down the barrier or wall. I want to know how he feels about me without directly pushing him away. We have agreed to no commitment but we are only with each other.

Why can't men talk about their feelings

Whether how much of what he says he actually believes and is honest about vs how much he says to keep the peace

If he truly loves me.

Does he like me

If he wants me for more than just sex

To know if what shares & shows me about how he feels about me matches up to what he really feels!

How he decides if he is truly in love with someone.

What he really FEELS. Apart from what he THINKS he feels or SHOULD feel or protects himself from.

I would want to REALLY know how important I was to him.