

## **How to Connect With a Man's Heart**

By Rori Raye

### **Myth: Men Hate Talking About Their Feelings**

Like you, I really believed that men just don't like expressing their feelings. I thought they were just born that way and there was nothing I could do about it.

Then I had a big light-bulb moment when I learned that this is simply not true. What I figured out was that believing this myth was preventing me from ever truly connecting with a man.

### **Truth: Men Are Able To Open Up And Share – With The Right Woman**

Here's the incredible secret I learned that turned my love life around and brought me the closeness with a man I had always hungered for.

A man doesn't like emotional intensity or hidden tension. That kind of "drama" pushes a man away and makes him want to clam up and withdraw.

In order to feel comfortable, a man needs to know that he's safe with you. He'll feel safe when he sees that you are in touch with your feelings and able to express them in a clear, non-judgmental way.

Next time you're feeling disconnected from your man, take these two steps in order to make a man feel safe enough to open up with you:

#### **Step 1: Stop Pretending**

Pretending to feel confident or stuffing down negative emotions in order to avoid conflict is absolutely the wrong approach. It will make a man feel uneasy around you because he'll sense that you're pretending. If he feels uneasy, he can't be honest with you about what he's feeling.

This is why trying to look confident when you aren't doesn't work. A man will sense you're pretending, and it will push him away.

Instead, allow yourself to be vulnerable and authentic. But how can you when you feel like a confused, angry pile of insecurities? This way...

#### **Step 2: Share Your Feelings Without Making Him Responsible**

The key here is to share feelings, not thoughts or actions. The next time you're tempted to tell a man what to do or what you think, stop yourself.

Go with what's going on inside you. Feel your heartbeat, your stomach gurgle, and your chest tighten because you're frustrated.

Feel yourself getting giddy or anxious because you don't know what to say.

Feel the most concrete, real, simple thing you can, and communicate that. Say, "I'm really sad right now," rather than "I think you spend too much time at work."

He'll feel safe when he sees that you are in touch with your feelings and able to express them in a clear, non-judgmental way.

See the difference? You're simply expressing a feeling rather than asking him to fix it or making him feel like he caused you to feel awful.

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And STILL he tells us that he's not sure how he feels. Or he becomes distant and moody. Or he does something very hurtful, or cheats on us, or tells us that he doesn't believe you're "meant" to be together.

This happens because deep down, you didn't trigger love in his HEART. You didn't connect on the deepest, most intimate level... his feelings.

### **How to Connect With a Man's Heart**

First, here's what doesn't connect with a man's heart: When you tell a man about what you think about the relationship, or what you did that day, or what you think of the latest news you've read or the gossip at work, he listens. He participates in the conversation. But his feelings aren't triggered.

That's because you share everything but *who you are*. You put up walls with him without even knowing you're doing it. You decide not to tell him the sorrow you felt that morning or how a friend made you happy by calling you and cheering you up.

Or, you actually don't even pay attention to your own emotions. You're too busy with your to-do lists and tasks.

But if you were to allow yourself to FEEL what you're feeling, and then speak from those feelings, you would make him feel safe and connected to you.

It seems like such a simple thing. But for so many of us, it's such a counter-intuitive thing. It's difficult. We're not used to being juicy, sexy, FEELING creatures. So many of us are programmed to be doing, thinking, managing, worrying creatures. Unfortunately, these qualities make a man feel nothing around you.

When you become a feminine, juicy, sensual FEELING creature, you magnetize him

simply by being what you were always meant to be... an alluring woman who is soft on the outside, but strong and resilient on the inside.

### **Men Fall In Love With Our Hearts**

A man doesn't fall in love based on logic or what he should feel. He'll either feel it for you, or he won't.

And he'll "feel it" for you only when you stop focusing on checklists and pretending, and start focusing on your heart and your feelings.

**Because a man will only fall in love if you are brave enough to show him who you really are and how you really feel.**

He wants to feel turned on-sexually, emotionally and romantically-but he also wants to feel completely safe to be himself. He wants to feel 100% accepted and loved for who he is.

If you show him you're in touch with your heart and express yourself-fully and fearlessly-he will feel safe to be himself around you, too.

Deep intimacy will happen and he'll fall in love without even knowing why it's happening.

That's why you can't use your logic, actions or intellect to connect with him, and he can't "think" his way into loving you.

Only when you're comfortable in your own skin and in your own heart and soul will you light *his* heart on fire.