

Feminine Qualities

for EFFECTIVE COMMUNICATION

SPACE, TIME, & SILENCE

Let things process before you speak. When you are anticipating when it is your turn to talk, you tend to jump in the instant there is a split second of silence...that's how you know you're reacting instead of responding. You couldn't have possibly put enough thought into whatever was just said to you, if you were waiting to interject the entire time. Don't be so quick to fill in the empty space. Pause, process, and then respond. He will appreciate that you took the time to think about and genuinely understand what he said.

Also, men need time to realize what went wrong. They are critical thinkers, and break down the most relevant details about a situation until they are able to determine the problem and the most viable solution. This takes time, space, and silence.

And remember, the less you speak, the more he will want you to speak. You are carrying the burden and weight of communication, and that's why you feel unheard. You're talking too much.

You don't give him the chance to communicate when you don't embrace the silence and the space. Allow him to come to you with conversation sometimes. Studies suggest that the average woman speaks about 20,000 words a day, whereas the average man speaks about 7,000 words a day. Give that man some space, time, and silence

Flow

As you are communicating, it is important to allow things to flow. Do not try to control the outcome of the conversation. Because if you do not get the response or reaction you were seeking, it will just lead to more frustration and an even bigger problem. Go into conversations only focused on how you can best present yourself to be heard and understood...and to hear and understand. Bringing the quality of flow into communication also means allowing thoughts to come and go when you are listening to him speak. There will be moments when he makes certain points that you disagree with or specific statements that you want to respond to...and the entire time he is speaking, you are anticipating when it will be your turn to speak so you can respond to that one thing he said that you want to address. This lets you know that you are not truly listening because you have become stuck on that one point or statement that he made, and your

response reflects that that's all you heard. Allow thoughts to come and go, be present, and only express what is beneficial to the solution...otherwise, you are in lawyer mode.

POSITIVITY



Always find a way to contribute positivity whenever there is conflict. You want to bring a pleasant balance to all of the negativity. Contributing positivity lets him know that you still love and appreciate him, which lowers his guard and creates a dynamic where it's you and him against the problem...as opposed to you being the problem or him being the problem. Saying something as simple as "I love you, and I really want to fix this" or "I appreciate you taking the time to talk to me about this" brings light-heartedness and loving energy into a bitter and hostile situation. Incorporating touch or humor can also be a positive addition to tough conversations.

VULNERABILITY



Be open, honest, and transparent. Give him access to your desires, feelings, and fears. Let your walls down so he won't have to fight against your defense mechanisms and your shield that is meant to keep him out. Masculine men want to know that you trust them and that you feel safe enough with them to open up. This creates a process where your man will also feel safe with you and express himself more often as well. Refrain from shutting down and responding with "I don't care," "It is what it is" or any other dismissive statements. If something is bothering you, you need to express it openly so that something can be done about it. He can't read your mind, so you will need to use your words to express yourself. Ask yourself, do you want his masculinity to be used to fight against your defense mechanisms, or would you prefer it be asserted to solve or eliminate the problem.

SOFTNESS



This does not just mean having a soft tone of voice, but ensuring your energy within itself is gentle. Slow down your words, your breathing, and your movements. Give him delicate touches. Speak with sweetness and avoid vulgar and harsh language. Softness allows you to tame the beast. Aggressiveness startles the beast and triggers dark masculine energy. Being soft lets your partner know that you don't want to fight or compete. When you are soft, you are able to be cherished as a lady. Softness in a woman brings out care in a man. Being rough and rigid brings out the cold competitiveness in a man.

EASE



Ease is interchangeable with softness. You want to make sure you are calm and relaxed. If he notices you are anxious or jittery, he will interpret that as you being, in some way, triggered. This only causes more frustration and makes the conversation very ineffective. To be more at ease, you must be very mindful of your facial expressions first and foremost. Ensure your face is relaxed...specifically in your eyes, eyebrows, and forehead. Body language next... Try your best not to rock, shake, or fidget. Remember to take deep breaths and try to soothe yourself by slowly rubbing your arms and massaging the pressure points in your hands. Remind yourself in these moments that you are safe.

SURRENDER



When you are surrendering, you are releasing all negative and combative energy. Let go of the need to be right. Let go of the need to have the last word. Surrendering does not mean that you are wrong or that your feelings are invalid, it simply means you care more about the peace in the relationship than you do being right in that moment. Because what's the point in fighting to prove you are right, just for the two of you to walk around with attitudes for the next couple of days? You must learn to pick and choose your battles wisely. Ask yourself, is this worth it? To show surrender, you can put your hands up with your palms open, lean back, or step back if you are standing. This demonstrates that you no longer want to argue or challenge him.

COOPERATION



This is when you are working with him instead of against him. If you are not being cooperative, you are being competitive or hyper-independent. Let him know that you do not want to compete and that you are open to whichever solutions he has to offer. And then to truly be cooperative, you need to accept whichever role he gives you to contribute to the solution. Don't feel like you always need to be the one to come up with solutions or suggest what he needs to do differently to eliminate the problem. Express your concerns and desires and allow him the opportunity to show his ability to lead through problem-solving. Avoid giving pushback, let him be the man, and you just cooperate. When solutions are given, refrain from forecasting a negative outcome. Don't think of all the reasons his solution won't work. You must desire peace and resolution enough to give it a try first.

SENSUALITY



Using sensuality does not mean you are trying to seduce your man to get out of holding yourself accountable or manipulate him to avoid having an uncomfortable conversation. Sensuality deals with the satisfaction of the 5 senses. As a feminine woman, you should make a habit of self-soothing by pleasing your own senses, but when it comes to communication with a masculine man it helps to find

ways to satisfy his as well. You can implement this by offering a back rub while you converse, or talking to him while he is enjoying his favorite meal that you've prepared. You can set the atmosphere prior to the conversation by setting the tone with calming music, lighting incense or a candle, and wearing something that brings attention to your most attractive attributes. It is very hard for a man to become angry, aggressive, or dismissive when he is drowning in satisfaction.

PRESENCE



When you are in your feminine, you are present. You are in the moment and are attentive to his words, his body language, and his facial expressions. You give him your undivided attention. Don't play on your phone. Mute whatever might be on the television screen. Refrain from looking around if there are other people in the room. Make eye contact and face in his general direction. Absorb everything that he is communicating to you. Being present also means you are in the now. You are not focused on the past or fearing what might happen in the future. He can not compete with your imagination or your trauma, so to be fair, you need to stay present and focused on what is presently happening.

The next three all go hand-in-hand...

UNDERSTANDING



To truly understand your partner you must comprehend what he is saying without bringing in bias and blame. You are not listening to learn who is right, who is wrong, or who is at fault. You are listening to genuinely gain a deeper understanding of what he feels, what he needs, and what he is requesting of you. In these moments you are going to have to free yourself from being a victim so that you can hear his concerns...otherwise it will result in tit-for-tat.

EMPATHY



You must try to feel what he is saying. If you're only listening to words, you will misinterpret his intentions. Men do not communicate like women. So the way they express themselves usually sounds like a drill sergeant giving an order, ultimatum, or insult. They skip their emotion and jump straight to the solution...which will often be something he believes you need to do differently. This usually makes women feel attacked...which leads to an entirely different problem. So understanding his words alone is not enough. You must listen for feelings that aren't being expressed, so that you will be able to feel compassionate towards him.

COMPASSIONATE



Prioritize his feelings and inner peace just as you prioritize your own. When you are compassionate, you not only comprehend what is being said...you not only feel what is being communicated...but you are moved to do something to help alleviate those negative feelings. Let him know that you care and are concerned.

Understanding, Empathy, and Compassion altogether says to your man, I hear you, I feel you, I care, and I want to put in the effort to do something about it.

PATIENCE



Keep in mind that though you are working on improving your communication skills, he is going to communicate with you based on how you have been communicating all of this time. Meaning he will likely anticipate certain responses and reactions from you. He may initiate conversations aggressively due to what he has been programmed to believe is the only effective way to get through to you. You must be patient with him and consistent with your new skills. Strangely enough, you will be setting the new standard for how the two of you communicate with one another, so if you really want things to improve, you must realize it takes patience and consistency. Patience is also important because he may not believe that you are being genuine and that this new change is only temporary. If he is unaware of how femininity works, he may even try to trigger you on purpose. Remember, this is new for both you and him...be patient.