

The Guy Way to a Better Relationship

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Let's get right to the point. You're a guy and you're wondering what all this foolishness is about. Your female companion has sent you this ook. An ook is the shortened version of the word books. The B and the S are dropped and we are left with the word ook. Ooks are designed to pack a lot of information into a few pages, without the "BS."

Why would anyone think you would be interested in reading an ook about relationships? Because, in a recent survey, more than half of the women surveyed said they would leave their partner if they could financially afford it. I'm sure most of the guys in those relationships didn't have a clue their partner felt that way. Women are hard to understand if you are a guy.

Learning how to have a good relationship with a woman is obviously a win-win situation. So, why don't guys read relationship books? It's because almost all the relationship books are full of a lot of BS guys just don't want to mess with. Guys don't want to read a 200-page book about how guys are from Pluto and women are from Venus. Guys want something that gets to the point quickly and offers practical solutions. Up until now, no one has come along with an easy to read, BS-free, guy-friendly manual. Guys have needed something like this for a long time. Here it is: Relationships the Guy Way.

What does your woman want from you, anyway? To put it simply, women want to feel that they are your best friend and just right for you. That might sound like a big job, but we'll show you how to do it the guy way.

As a guy, you need to approach this problem as if you were learning how to play a new sport. When learning to play a sport, there are usually some fundamental drills that you need to perfect. Learning to get along with women is no different. Here are a few of the basic drills.

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Drill Number One: Word Control.

Word control is similar to ball control in soccer or basketball. With good word control, you can move the ball down the court. With poor word control, you open yourself up for someone to steal the ball. Word control is basic to how well you learn the new sport.

One of the fundamental drills of word control is using words to show your woman how she is the most important woman in the world to you. Despite what you might believe, the most erotically sensitive organ of your woman is her ears. What women hear you say will frequently determine your fate. Generalities like "You're wonderful" or "I love you" become routine and reflect poor word control. Specifics like "You really are a special woman and I appreciate the way you balance work and home" are reflective of much better word control. In this drill, the goal is to use detail to explain why she is the most important person in your life. The goal is to show her how she is more important than sports or other interests you might have. Whatever she finds emotionally important, you would be wise to support and show genuine interest in. That doesn't mean you have to give up everything you like, it just means you have to be smart about word control. If she is interested in shopping for shoes, it's not that hard to show some interest in women's shoes. Google shoes and share some information with her. Act like you are a professional in the business of relationship building.

In the classic movie "Dirty Harry," there is a well known quote. Harry says to the bad guy: "I know what you're thinking. Did he fire six shoots or only five? Well, to tell you the truth, in all this excitement, I kind of lost track myself. But, being as this is a .44 Magnum, the most powerful handgun in the world, and would blow your head clean off, you've got to ask yourself one question: Do I feel lucky? Well, do ya, punk?"

If you are trying to develop good word control, at the end of each day you've got to ask yourself one question: Did I make her feel like she was the most important thing in my life? In the movies, Dirty Harry was one tough cop. In real life, you can't be Dirty Harry, Grizzly Adams, or Indiana Jones, but you can be one hell of a good husband. Being a great husband doesn't mean you're macho; it means you have good ball control. Ball control in this game is word control. Can

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you use your words and actions to make her feel like she is the most important thing in your life?

A big part of ball control is learning how not to lose the ball. The way you lose the ball is to say some guy remark that she interprets as insensitive or critical. Good ball control means you never criticize what is emotionally important to her. Here is the way it goes down on the playing field. If Christmas music is important to her, even a small negative comment from you could be interpreted as being very critical. This means saying something as simple as "Aren't you tired of listening to Christmas music yet?" can be bad ball handling. This is important to understand. Let's say keeping things clean is important to her and you say something as innocent as "You don't need to clean so much." A comment like this could easily be interpreted as you don't appreciate all the hard work she does. This is why it is important to perfect the fundamentals of word control.

Another variation of word control is Talk Time. Talk time is just taking a few minutes each day to ask how her day is going or what's coming up in her day. The rules of engagement are a little peculiar to guys. Don't try to solve problems or give advice, and never say anything that sounds even a little critical. The basics of talk time are simple: Find out what is important to her and give her an opportunity to express her emotions. Generally, guys aren't very chatty, but this is like learning to dribble with your non-dominant hand. At first it feels pretty strange, but you will get used to it.

Some good ball handling could involve showing your woman some old fashioned, chivalrous behavior: holding the door open, warming up the car, pumping the gas, fixing breakfast in bed with one red rose. She'll be impressed with your ball handling skills.

Drill Number Two: Working out in the gym.

Working out in the gym is similar to helping her with chores. When you go to the gym, you want to be as efficient as possible. To be efficient at helping out with chores, you need to create the belief that you help her out a lot. It is important to create a belief, because your woman's perception of reality is the only thing that matters. Don't just randomly do chores; ask specifically if she would like you to do chore 1 or chore 2. For example: "Would you like me to dust the bedroom

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for 15 minutes or do a load of wash?" Whichever she chooses, ask for specific instructions if you're not sure how she wants it done. It's important to do the drill as described; fundamentals are important. Once a day, create a choice between two chores that will help her out. Don't blow off this drill. Almost all women feel that men don't help out enough. Doing this drill correctly will go a long way toward solving the problem that women feel men don't help out enough. If women feel you don't do your share, they are less likely to do things for you. The cumulative effect of doing Drill Number Two over a long period of time will go a long way toward improving your win/loss ratio.

Drill Number Three: The mental game. In sports, before a game, guys become emotionally pumped up. One of the fundamental drills in marriage is to show emotional excitement about your woman. You might wonder what that looks like. Luckily, you don't need to put on a cheerleading outfit or buy some pom-poms. Emotional excitement might look like a bear hug or a big smack on the lips. Sound effects similar to growling are a nice addition. After all, we are animals. That might be a little weird, though. On a smaller scale, emotional excitement might look like a pat on the behind in the grocery store with a whispered comment about how you appreciate all the thought and hard work she puts into fixing the meals.. Sometimes women say or do something that might require retaliation. Tickling works well to show the opposite sex who is the boss. However, don't overdo it, because we all know who the boss really is.

Men have magic memories around sports, expensive cars, being macho, power and the initial conquest of women. Women have magic memories around tender moments, love and romance. The difference is dramatic. Men have memories about crushing the opponent in football and women have memories of being swept off their feet by Prince Charming. I'm not saying you have to turn into a girl, but it might be wise to spend some thought about how you can create some magic moments for her. If you don't, she might create some magic moments with someone else as the leading man!

Women are not men. This might seem obvious, but women are radically different and need to be treated differently. Women get excited about different things than men, and men need to get excited

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about those things. This is difficult for men to recognize because men do not necessarily feel the same way. When your woman gets out the Christmas village pieces, you need to show some excitement. When she's excited, you're excited. This is a good opportunity to combine two fundamental drills. The nonverbal excitement of Drill Number Three can be added to the word control of Drill Number One. You can give her a big hug and tell her how you appreciate all the prettiness she adds to your world. The two together is a home run. I know there are some cavemen out there who think real men don't get excited about girly things. All I have to say is, get over it. Time marches on. You can be part of the parade or the parade can leave you in the dust, all alone, wondering what happened. Fundamentals can be the difference between having a marriage of convenience, and having a wife who is your best friend and companion.

Physical touch is important in many relationships. When people are playing the dating game, they are usually very physical. Then they get married and the physical closeness seems to disappear. There is no reason to believe physical closeness has to evaporate from your relationship. Physical closeness in a long-term relationship is just a matter of deciding not to follow what you have seen other people do. Just because you might not have seen your parents show much physical closeness in their relationship doesn't mean that you have to be the same. If most women feel safe and secure in the relationship, they will want to be touched. Notice that the prerequisite for wanting to be touched, for women, is a sense of security. Security for women means that they feel you will not criticize what is emotionally important to them. This is why it is important to perfect the fundamentals of Drill Number One, Word Control. You will not be ready to add physical closeness to your relationship until she feels you accept her for who she is.

Let's assume that you have gotten to the point where she feels emotionally safe with you. Emotionally safe means you are never critical of her, treat her like she is the center of your universe and you show enthusiasm about her and her interests. When you have the fundamentals of making her feel safe down, it is time to add touch that is not directed toward an ulterior motive. The key word here is not directed toward an ulterior motive. When you are ready to add touch, you know the drill: back rubbing, hair combing, hand holding,

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hugs, kissing, feet massage, etc. Some dogs are the recipients of more physical attention than their owners. There is something wrong with that.

Moving on to intimate relationships. The best way to look at intimate relationships is to compare them to deer hunting. Most deer hunters prepare way ahead of time for the season. Serious hunters might spend time watching hunting videos to learn how to rattle antlers to lure deer in. They scout out the area they are going to use and may even prepare the area to attract deer. As the season approaches, the hunters will be careful to cover up any human scent on their clothes and replace the scent with desirable deer scents. As the hunt begins, the hunter has systematically prepared his surroundings and is willing to wait long periods of time for just the right moment when his deer appears. Herein lie the fundamentals of intimate relationships: Carefully set the stage, bring the right equipment, smell good, be willing to patiently wait for the right moment and don't shoot prematurely.

The mechanics of intimate relations is interesting. Testosterone is a hormone behind men's desire. Testosterone basically says, "Let's get going and get the job done." Oxytocin is a hormone behind women's behavior. Oxytocin basically says, "Let's take our time and make this pleasurable." Don't underestimate the power of hormones. If you are going to be any good at intimate relations, you will have to give some serious thought to this dilemma. The only way you are going to win at this game is to realize it's all about the woman. Need I say more?

Drill Number Four: Learning how not to get hurt in sports. One thing you have to be careful with is how kids fit into the equation. Kids are great, but kids can really complicate things. Kids are a big reason you want to nail the fundamentals previously discussed. The more you haven't perfected the fundamentals, the more likely your wife will get stuck in "Supermom" mode. If she doesn't feel loved and accepted by you, she will be more likely to over-invest herself in the kids or work. This can be very bad for you! Women's maternal instincts can easily get stuck in hyper-drive. Once she is investing all her energy in the kids or work, she will tend to see you in a negative

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way. You don't help out enough, you don't care about her, you spend too much time doing guy stuff and you don't clean up after yourself. It's as if you can't do anything right. If this sounds familiar or you want to avoid this trap, intensify your efforts with the fundamentals. If her mother instincts are already stuck in hyper-drive, you have to be careful about what you do. There is an old saying about not getting stuck between a mother bear and her cubs. You don't want to get between your wife and the kids if you can avoid it. If one of the kids has behavior problems, you'll want to work closely with your wife to develop strategies to deal with the problem. Not agreeing about the kids can be destructive to your relationship. If she is over-invested in the kids, think back to the fundamentals: Whatever your wife finds emotionally important, you need to support and show interest in.

Another way you can get hurt in a relationship is allowing yourself to slowly drift apart. It's easy for people to drift apart in a relationship, especially because men and women have different interests. In a fast paced world, this can be a major problem. You might think that she will appreciate you working two jobs. This belief can lead to some unfortunate outcomes if you aren't careful. Couples need to spend time together and share some common interests. This can be as simple as taking time to go shopping together and stopping at Starbucks or taking time out to go for a walk.

Drill Number Five: Buying the right equipment. Guys who get into a sport tend to buy expensive equipment for that sport. Some sports just require specific equipment. In relationships, your equipment is you buying her things she appreciates. A lot of guys have a hard time parting with their money over useless things like flowers or cards. From my perspective, flowers and cards are a good investment in your future. If you can't afford a dozen roses on Valentines Day, buy one red rose and fix a candle lit dinner. Consider being married as a professional job. Don't get sloppy. Remember to get something nice for birthdays, anniversaries and holidays. Don't stop there, though. A card sent to work, or some flowers brought home for no special reason, is always a good idea.

In the end, relationships are all about priorities. Unfortunately, priorities can get lost in the emotional confusion of relationships. I believe you can find your priorities again and fight for what is

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important to you, the Guy Way. To help you out, we have created a Tweak-a-Week. The Tweak-a-Week is a weekly e-mail reminder with interesting guy stuff and a weekly relationship reminder.

There you have it; the basics of relationships the Guy Way.

This ook is guy-friendly and 98% BS free!

If you enjoyed this guide, you can get more great information at www.mymantraining.com. Check out our [Tweak of the Week newsletter](#) where we give you and/or your man a weekly tweak to help keep your relationship on track.

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