



How to Understand Your Man Better

A Short Guide for Women

Hello, Beautiful!

You're probably here because:

- You're wondering if all men are emotionally incompetent, or just your man
- You're tired of your partner offering solutions when you really just want to be soothed and comforted
- You feel like you're the only one who puts effort into creating emotional connection in your relationship
- You'd like your man to share his feelings and emotions with you more often
- You don't understand why he freezes up or walks away when you want to talk about feelings

First, I just want to say that being the woman (or female energy) in a monogamous relationship can feel EXHAUSTING.

Why? Because typically, the woman feels like she carries around much or all of the emotional weight of the relationship. It can feel like you're constantly weighed down by the misattunement or challenges in your relationship-- while your male counterpart seemingly appears unaffected by the same challenges.

The truth is, that this dynamic is more of a misguided perception. That is, men do feel the disconnect and discomfort that is present in their relationship, but they wear it differently. They might not even know exactly what it is they are feeling, and they might be better control the feelings from erupting within, which is typically harder for women to do. But regardless, the feelings are still present in men too.



This perceived dynamic right here (*if we get into a fight it is going to affect me deeply, but it will barely affect you*), can create a power struggle between you two, which feels exhausting.

How do we approach these differences of the male and female strengths and weaknesses?

My idea: We learn, we understand, and we integrate. First, let's take a look at WHY males operate so differently from us women. From here, we can start to hold some compassion and understanding for the way men are.

A few things about Male Energy that is vastly different from Female Energy:

- Men's intuitive drive is to build and create. Women's intuitive drive is to nurture and take care of others.
- Men are taught to stuff their feelings otherwise they're considered a sissy, pussy, or *not a real man*. Women, are encouraged and rewarded for wearing their intense emotions on their sleeve (think of the classic *Damsel in Distress*)
- When a problem arises, Men focus on creating solutions. Women, focus on expressing their feelings and talking about the distress.
- For men, expressing their deepest feelings can feel exhausted, triggering, or challenging. For women, expressing their deepest feelings can feel like a relief and a pleasure.
- Experiencing intense feelings and emotions can feel like a threat to a Man's Masculinity. Experiencing these same emotions feels like a healthy expression of femininity for us Women.
- Men take words at face value, and they don't look for a secret meaning underneath the actual words spoken. Women, often times speak indirectly hoping that intuitively the listener will 'know what they meant.



As you read these, what comes up for you?

Do you agree?

Do you disagree?

What thoughts show up in your mind?

Are you experiencing any clear sensations in your body?

It is simply interesting to notice what happens for you, as you take this in.

Now, let's look at typical frustrating scenario between a man and a woman in relationship, and see if we can understand it through a new lense.

Mary and Stephan have been in a committed, monogamous relationship for almost 5 years. While they love each other very much, Mary constantly feels frustrated because it seems that Stephan totally ignores & doesn't care about her requests for deeper emotional connection.

Stephan, constantly feels judged by Mary and it has him feeling like he's not good enough for her. This triggers his insecurities which drives distance between them.

Here is a typical argument between Mary & Stephan:

Mary: (Just arriving home from work). Hi honey, how was your day?

Stephan: (Deeply focused in a new project of his). Hi hun, it was fine. (Returns back to his focused work)

Mary: (Feeling ignored). Oh, okay...what was so fine about it?

Stephan: Ummm..you know, just the same old. Trying to finish up this project. (Still deeply involved in his work, but doing his best to entertain the conversation Mary is clearly trying to instigate)



Mary: (Frustrated, with a slight tone now) Ooookay....my day was GREAT. Thanks for asking.

Stephan: Are you okay hun?

Mary: Yes, I'm fine! (Even though she's not fine, she says she's fine, expecting Stephan to understand that she's not fine).

Meanwhile Stephan is thinking, she said she's fine so I'm ok to continue with my project. Anyway, can't she see I'm busy?*

Mary has walked away and pushed her feelings of being ignored under the rug, rather than softly sharing those feelings with Stephan. A couple hours later, she returns to the room where Stephan is still deeply concentrated.

Mary: Hey, do you have a few minutes to talk?

Stephan: Uh yeah, sure, is everything okay? Just give me a minute here...

10 minutes later, Sephan is ready to talk, Mary feels slightly impatient and frustrated now, but she does not share that with Stephan.

Stephan: Hey hon, what's going on with you?

Mary: Well, there's this new woman at work. She's super annoying and always re-does tasks I've already completed in the office. Like, right after I organize the kitchen, SHE'LL organize the kitchen, without saying anything to me. It's as if she's trying to say *You did a bad job so I'll do a better one*, without actually saying it. You know? And then she tried to steal the Smithson Account from right under me! She's



just so conniving and manipulative and snakey, ya know? Uhhh, she just makes me want to scream!

Stephan: I have an idea. What if, you complete the Smithson project early with all the additions your boss asked for and then some? Then you could put her in her place in a way that highlights your professional badassary.

Mary: Um, sure that could work....but like, do you see how manipulative she is? She's trying to turn the whole office against me!

Stephan: Or, you establish yourself by showing up early to the meeting this Friday and setting up the meeting room the way you like it. And as she arrives, you could ask her to take a seat. By doing this you can demonstrate your managerial status.

Mary: Ooookay that's another possibility....but ugh she just makes me want to scream! Can you believe how she's treating m--

Stephan: OR you could send out a company email that...

Mary: STEPHAN! Oh my god. Can you stop interrupting me? I'm trying to tell you about my day (there is a very obvious tone of frustration in Mary's voice now)

Stephan: Geeze, I thought I was helping out. Gosh, I can never do anything right for you....can I?

Mary: Here we go again. I'm trying to tell you about my day and you've made it about you again.

Stephan: *Shakes his head* What do you want from me?



Mary: NOTHING! I want nothing, just forget it! *Mary storms out of the room and slams the door*

Stephan, feeling confused and frustrated, goes back to his deeply concentrated work, where he can at least feel some sense of capability.

Mary & Stephan don't use Relationship Skills to resolve this conflict quickly. Instead, they avoid each other for the rest of the evening, and go to bed quietly. The next morning, they wake up and begin their days as usual, as if nothing is going on between them.

Let us look deeply at this example and see how this conflict could've been avoided with a little understanding and a few communication skills.

In the beginning of the exchange, Mary came home from work and wanted a little time to connect with and engage with Stephan.

Stephan, was involved deeply in his work. When men are deeply concentrated on their work, they're less aware of what's going on around them.

Mary, was hoping that Stephan would notice or pick up on her desire to connect, without her needing to say anything.

This is a common instance I observe in Women- they want their partner to know what she is thinking or wanting without her needing to speak it. Now, this idea doesn't come totally out of the blue for women. Women tend to be highly intuitive and naturally do pick up on things like this when their friends, family or partner has a need or desire. Women have an uncanny ability for attunement, and intuitive understanding. This makes sense because as mothers we need to be able to pick up on non-verbal cues from our babies, to ensure their care and survival. When we



ASSUME that men have the same ability, is when we experience disappointment as a result of our unrealistic expectations. The truth is, they do not. And if I had a nickel for every time I heard a man in relationship share with me *"I wish she would just tell me what she wants from me"...* I'd have a fuck ton of nickels.

Rather than holding this expectation over your partner, see if you can simply breath, breath again, look him in the eyes, and gently ASK for what you desire.

Mary could've said something like this *"Hey hun, I see your busy with your work. And, I've just had a most difficult day. Could you spare a 5-10 minutes to hear me out? I really just want to be seen and validated in my experience. If you're not available now, when do you think you'll be available?"*

Now ladies, I KNOW how difficult it can feel to **wait** when there is something you desire to share. I can feel the pushback right now that looks like *Well Nikki, if he can't make time for me now, he obviously doesn't care about me.* And with this, I'd like to share with you an antidote:

Women, are incredible multi-taskers. We have to be, fundamentally, in order to raise a family with multiple children. We are built to multitask like a fucking badass. Men, have strength in deep focus, taking action, and achieving results. This is absolutely necessary for them, fundamentally, as you need to be focused and results-orientated when you're building a shelter or hunting for food to feed the family.

It can feel challenging for a man, who is deeply focused on one single task, to drastically shift to another area of focus without warning. I've heard this from many men in my life, and I observe this in my own relationship.



Try to hold space for your man and WORK WITH HIM to find a system that works for both of you. He can make space for you (you win), just maybe not in this moment so he can finish the task at hand (he wins).

The next thing I want to address is when Mary attempts to share her experience from work with Stephan. In this case, a simple miscommunication leads to a massive argument. Let's look at where understanding and mindful communication could've led to a more mutual and satisfying outcome.

In this scenario, Mary wanted to share her story and in return she was seeking validation and the feeling of being understood by another.

Stephan, kept trying to offer Mary practical solutions to her problem, even though she didn't want solutions. Why did he do this? Because he is a man.

Men are fundamentally wired to solve problems. This role was and is a crucial role to the existence of our species. Way back when, the men in the tribe where to solve problems: Your family needs a shelter? You build one. Your family needs food? You go out and hunt for food. Enemy troops are circling in on your territory, threatening the safety of your tribe? You put on your bravery pants and go to battle. Problem solved.

Because of this ancient, integral wiring, when men are faced with a problem, their brain almost always starts calculating a solution. Even today, thousands of years later.

So how do you get compassion and validation from your partner instead of practical solutions and ideas? You ask for what you want.



That is, you gently let your partner in on the truth that sometimes, you actually just want him to listen to you and say "oh-huh, totally" and "there there, it's going to be okay" or "you're totally right, that was not cool of her to treat you that way." And he's going to have the urge to solve your problem for you (because he loves the shit of you), so you ask him with love, to try and resist that urge. And that when you need his brilliance and problem-solving skills, you will ask for that clearly.

And remember, he's a human and might mess up sometimes, and insert himself into the conversation with a grand solution. And in those moments, you gently remind him "Sweetheart, thank you for trying to help. And, right now, I would love for you to just listen to me and validate my feelings. Can you do that for me?"

If Mary could have let Stephan know that she wanted to be validated and heard, and didn't need any solutions right now before she shared her story, Stephan would've had the opportunity to show up for her in this way.

We are just an education and a dose of compassion away from truly understanding one another, men and women. And with this newfound understanding, we can show up in our relationships more accepting and loving of each other, just as we are.

Thank you for reading. I truly hope that this information has sparked something inside of you, a drive to do the work of coming together with your partner and loving them fully for Who they Are.

XOXO

Nikki Sunshine

[Click Here to register for the online course UnFuck Your Relationship: Tools, Tips and Coaching to Up Level your Relationship](#)



[Click Here for access to Nikki's Blog, Podcast & Info about working with Her](#)