Two Essential Pointers About Men And Relationships

by: Mirabelle Summers
Introduction

Welcome to this special report on men and relationships from Meet Your Sweet. I’ve got a couple of topics that I think a lot of women are going to be really interested in hearing about today, so let’s get down to it.

The information contained within these pages is designed to answer some pretty deep questions about men, relationships and dating: specifically, the question of ‘When is it OK to reveal personal truths about yourself?’, and secondly, ‘Is it OK to pursue a man?’

These are both topics that are wildly misunderstood by a very great deal of women, to the detriment of their dating and their love-lives, and I’m absolutely delighted to be in a position help you straighten out the facts from the fiction.

Let’s go!
Question Number One: when is it OK to open up about the past?

This is a big one.

Here’s the deal when it comes to dating and attracting men: first things first, if you’re really interested in creating a fun, fulfilling dating life, and in meeting quality men who are fantastic to be with, you’ve gotta let go of the idea that you’re out to find ‘The One’.

This is something that many women forget. And here’s what happens when they do.

Instead of going on a date with the intention of simply having fun and seeing if the two of them even get along with each other, they show up all ready to bare their souls and ‘come clean’ about the ‘mistakes’ they’ve made in the past because, if they end up ‘together’ with this guy, he’s going to need to know this stuff about them.

Look: here’s what you’ve got to know.

There is no big ‘agenda’ on the table here. You’re not out to create any big important future for yourself. As far as you’re concerned, your only job is to show up, have fun, and just hang out.

In fact, thinking about the future (AKA, ‘are we going to end up together? Could this man be The One?’) has no place on a date – and forcing it in there is just going to make the whole thing weird and uncomfortable for everyone involved. I know you know what I’m talking about here.

Now, I realize that this may not sound like a completely revolutionary idea, but just hold on a moment there and let me explain what I mean.

There are a lot of women out there who have a real habit of ‘leading with the bad stuff’. They’ll arrive on a date, plump themselves down at the table, and say, ‘Look, you have to know this about me.’ And then they’ll tell some big story about how they’re really stubborn (but they’re working on it), or how they’re a recovering alcoholic, or how they got fired from their job three weeks ago.
And this isn’t because they’re actually trying to scare good men away from them. (At least, not on the surface.) They genuinely believe – albeit misguidedly – that being ‘honest’ and ‘up-front’ about who they are is important and necessary to having a great and fulfilling dating life.

And of course, they’re absolutely right. Honesty is important, and if two people are going to have a great and fulfilling relationship, the only place to build from is one of authenticity and genuine honesty.

HOWEVER!! Who knows if a relationship is on the cards yet? Until things start to get serious, you have no business telling horror stories about yourself or forcing your own ideas of how stubborn/perfectionist/workaholic/whatever you are onto the poor guy. It’s much more satisfying, fun, productive, and genuine to just get out of your own way and let other people form their own opinions about you, without dragging their attention onto whatever ‘flaw’ or ‘problem’ you perceive there.

A woman in this situation is not doing anyone any favors by being so doom-and-gloomy about herself and ‘who she is.’ Matter of fact, all she’s doing is tilting the deck in a very negative way: she’s choosing to announce her own, negatively-influenced ‘story’ about herself to the guy she’s on a date with, before he even has a chance to form his own opinion of her!

Now, if that’s not going to scare someone away, I don’t know what is.

Look: I’m not saying you can’t be honest about who you are. You absolutely can, and should be! But let’s not get ahead of ourselves here! Who’s to say that doing what amounts to introducing yourself as ‘the girl who got fired last week’ or ‘the recovering drug addict’ (or whatever) is actually being ‘honest’ in the first place?

What’s actually happening is that you’re assuming the role of judge and jury over your own personality and your own prospects in the dating world by making a decision about ‘what’s important’ about you … and then deciding that the past (including, your own version of yourself from the past) can and should impact the present … and then you’re
going ahead and taking steps to make sure that your viewpoint goes ahead and pollutes your date’s opinion of you!

Messy. Messy, messy, messy.

And obviously, if you want to get anywhere with men and relationships, you can’t lead with the negative - because you’ll just scare people away.

They’re not going to be ‘grateful’ that you’ve ‘come clean’ with them.

On the contrary, they’re just going to be flat-out uncomfortable.

Then they’ll start wondering, ‘If she’s being this open with me about this level of personal stuff, what else does she have hidden away in there?’

So: don’t bring up bad stuff straight away.

And by ‘straight away’, I basically mean any time within the first four or five dates.

You don’t have to be overly positive about yourself and your life and make everything out to be peachy if it’s not, but neither do you have to ‘make a clean breast of it’ by revealing deeply personal things about yourself to a guy who you’ve only just started dating.

As a basic rule of thumb, you should be leading with good stuff about yourself for at least the first four dates. You need to give him a chance to get to know you – and even see if you like each other! – before you go hauling all that dead wood out of the past and parading it around.

Something that may help you here is to think about what kind of a relationship you’re maybe hoping to have with the guy.

If you’re looking for a serious relationship, and you feel that it’s necessary to bring up things that have happened to you in the past, then you will - at some point, and once you’ve gotten to know each other well - most likely want to tell him about it.
Nobody’s asking you to *conceal anything* here, and of course when you’re in a serious relationship, it’s absolutely appropriate and respectful to tell your partner *relevant things* about your past. By that stage, he’ll already know you well and will be able to see past events in the context of who you are. He’ll know that you’ve moved on, or that you’ve overcome that challenge now, and it likely won’t be such a big deal.

But, if you’re just casually dating, there is absolutely no reason to air any dirty laundry. Let’s not jump the gun here! Provided that whatever issue we’re talking about here is over with and belongs to your past – meaning, it’s not currently affecting you – then there’s really no reason to bring it up.

Of course: there are going to be *some* situations where you will absolutely be obliged to be forthright about something personal. For example, if you’re about to have sex with someone and you’ve got an STD, I’m going to assume you’ll do the right thing and tell him – regardless of how long you’ve been dating for.

But, if you’re sitting down at the table and saying, ‘Look, you’ve got to know that there are a few things about me that really freak most guys out’ and then start listing your faults, your perceived flaws, or dragging out mistakes you made in the past, *that’s not going to help you.*

Most of us need to actively remind ourselves from time to time that we all have skeletons in the closet (particularly as we get older) and that allowing your inner critic to dictate the tone of your dates isn’t going to be any fun for anyone … least of all your poor date.

Repeat after me: ‘Dating is for *fun!* Dating is for *fun!* Dating is for *fun!*’ … and then remember to *be kind to yourself.*

Part of being kind to yourself is simply getting over the fact that you’ve made a few muck-ups in the past, and not needing to beg validation or acceptance from anybody else (which, essentially, is what you’re doing when you start trotting out all those horror stories.)

Here’s another tip: *think about how you’re presenting yourself to people.* If you were on
a date with a guy and he said, ‘Look, I’ve gotta drop a bomb on you’ and started listing mistakes he’s made or bad things that he’s done, would you feel attracted to him? Would you be glad that he was ‘honest’ with you?

My guess is that you’d feel intensely uncomfortable, probably not be quite sure how to react, and that you’d wish he’d just given you a chance to get to know him and find these things out naturally as the two of you got closer.

Here’s the thing: acting as though you’re in a relationship with someone isn’t going to actually create the reality of being in a relationship with that person. By ‘coming clean’ with a guy you’re only dating – which is absolutely a fantastic and worthy thing to do once you’re in a serious relationship – you are pretty much ensuring that you’ll never actually get to the ‘relationship stage’ of events.

Now, that’s not to say that relating stories of personal development isn’t an inspiring and awesome thing to do. If you’ve overcome challenges in the past, and you have now clearly and visibly moved on from those challenges, it can be a great thing – again, provided that you know each other well enough for this to be appropriate – for you to impart a confidence.

But do yourself a favor, and think about how you’re presenting yourself. Are you ‘giving warnings’ and complaining about what’s happened to you in the past? Or are you showing him the side of you that conquers challenges and rises above difficult situations?

On the flip-side of the coin, it may be true of you that you have a difficult set of circumstances in your life that is current and ongoing.

A few examples here might be that you have a substance-abuse problem, or you’re still involved with an ex, or you’re in the process of separating/getting divorced, etcetera.

See the pattern here?

These aren’t finite events that you’ve already dealt with and moved on from; they’re things that are still taking place and that are still very much relevant in your life.
If this is the case for you, you’re most likely going to have to come to terms with the fact that you’re going to need to overcome that issue before you can think about attracting, and maintaining, a quality relationship into your life.

Why?

Quite simply, because you really need to be open about that kind of stuff. If it’s happening while you’re dating, it’s entirely different from things that happened in the past – it’s still current and it’s still active in your life. Therefore, it’s pretty hard to not be open about it.

BUT, being open about things like that is – unfortunately - fairly likely to scare people away from dating you. Most quality guys aren’t interested in getting involved with anything other than equally high-quality women.

I’m going to go out on a limb here and assume that you are, in fact, interested in the top echelons of men – not just in any old guy.

So, working with that assumption, you’re therefore going to have to come to terms with the fact that, in order to attract the kind of high-quality men and relationships that you really want, you’re going to need to overcome those issues before you can date successfully.

And it’s not just about dating. Ideally, you’ll want to get your life in shape because that’s how you like it – for your own sake, not just so you can ‘get’ a relationship!

Once again, it all boils down to being the kind of top-quality woman who will naturally attract top-quality men. You can’t realistically expect to have a great dating life if your own personal life is messy and ‘currently under construction’ …

…. And likewise, you can’t expect to have a great dating life if you’re actively concealing relevant and current facts about your existence …

… so therefore, unless you’re willing to have a serious of ‘mini-relationships’, where you date a guy a couple times and then break it off before it becomes necessary to ‘come clean’, it’s just a fact of life that being a quality woman is necessary if you want to attract quality men, and quality relationships.
It’s that simple.

Before we move on to the next point, let me just quickly recap what we’ve gone over here:

1. Don’t bring up negative stuff straight away. Lead with the positive.

2. It’s a good rule of thumb to wait at least four or five dates before bringing up anything even remotely ‘heavy’ or personal.

3. It’s great to be honest when you’re in a serious relationship, but negative personal revelations have no place in a casual dating relationship.

4. You don’t have to feel bad about ‘concealing’ anything. You’re not concealing anything. Access to personal information about you is the exclusive privilege of those people who know you well. Casual dates are not eligible for this privilege, nor should they be.

5. If you are planning on revealing anything personal about yourself, don’t make it into this big heavy ‘event’. Be brief, don’t get emotional or messy, and focus on the positives: it was a challenge at the time, but you’ve overcome it now and moved on. Next topic of conversation!

6. It is absolutely necessary to be open about things that could harm or otherwise affect your date: for example, if you have an STD, you must tell them before you have sex. Use your common sense here.

7. If you have an ongoing messy and difficult situation in your life that you know will probably affect others’ perceptions of you, you’re most likely going to need to overcome that situation before you create a great dating life. If not, your other options are to conceal it from those you date (hmm, not great), or to be open about it after a few dates and just see what happens. However, remembering that quality attracts quality, and depending on the nature of the issue, don’t be surprised if most of your dates don’t come back for more.
Is It True That Pursuing a Man Will Turn Him Off?

This is a concept that’s surrounded by a lot of mystery and mis-advice.

After all, we’re adults. We’re modern-day women, dammit. We’ve been through a sexual revolution and have forcibly prized ourselves out of the ‘Susie-Home-Maker 2nd Class Citizen’ ranking and are now founding Fortune 500 companies, running for President, winning Olympic gold, raising families, and doing all the other fantastic and world-conquering things that we ladies now do as a matter of course.

It is positively insulting to think that we have to wait around for some man to notice us and ask him out.

And to be sure, there are plenty of women who agree with this particular viewpoint. And I’m sure that they can come up with plenty of case studies and anecdotal evidence to prove that, yes, there are happy couples who exist because the woman asked the man out.

HOWEVER!! (And it’s a big however.) The proof is in the pudding.

I recently compiled a survey for the male members of Meet Your Sweet, and I asked them whether they would feel attracted to a woman who asked them out.

Know what?

Not one single guy said he would.

Sure, some of them said they ‘would still go out with her’, and many of them said it’s nice to get the attention and that they’d feel flattered … but note, if you will, the staggering lack of men who said they would actually be excited and enthusiastic and attracted to that woman.

‘Agreeing to a date’ and ‘being wildly attracted to’ are not the same thing. At least not in my book. And they shouldn’t be in your book, either.
Know what else? My best girlfriend, whose name will remain private just in case she’s reading this, has long made a habit of asking guys out. A lot of my other girlfriends praise her for her ‘modern attitude’ and the fact that she’s able to ‘take charge’ and ‘get in the driver’s seat of her own love-life’, etc.

Here’s the strange part: although this is a hot, voluptuous, wildly intelligent, and very talented woman we’re talking about here, *she has not had a SINGLE satisfying relationship that she initiated.*

Not one.

Usually what happens is, they go out on a date or two, and then it just … peters out. She does all the work (calling, texting, even *kissing*) but the moment she backs off a bit, they simply disappear from her life.

And it’s not just her, either. Try as I might, I can’t think of one good relationship I’ve had where I’ve initiated things, either.

Hmmm……

Telling.

Now, I know that it’s statistically likely that, somewhere, there are couples out there who are married, blissfully happy, and about to bust out their third child. And I’m happy for them.

But that doesn’t change the fact that continuing to ‘be the aggressor’ and continuing to chase guys, ask them out, and spontaneously give them your number in the hopes of netting a great relationships is a little like continuing to smoke cigarettes on the off-chance that you’ll be one of the 2% of smokers who are *not* struck down in the prime of life by some hideous and terminal disease.

Technically, it *can* happen … and we all know of one 90-year-old who’s smoked fervently their whole life and who’s still doing hanging on by their nicotine-stained fingers … but it’s hardly the kind of thing you’d want to bet on happening for you, is it now?
Yes, it is *theoretically possible* that the strategy of ‘carrying on regardless of the statistics’ could work out for you, but it’s hardly something you’d want to rely on.

Not good betting odds, as they say.

In fact, the only conclusion to draw is that it’s both safer and better to assume that you are not going to be the exception … and to choose to shape your life according to the *vast majority of cases*.

Which, in this case, means that if you want a great relationship with a guy who is absolutely crazy about you, can’t get enough of you, and never so much as looks at another woman, then you have to *not help guys to ask you out*. Because believe me, if a guy really likes you, he likes you enough to ask you out.

So: insulting, yes. Boring: yes. Old-fashioned: YES!! (Heck, it’s embarrassing for me to even be standing behind this idea, to be honest, because I know exactly how uncool and unfashionable it is to say so.)

But how’s about this: you just think about that feeling you get when a guy you’ve been dating hasn’t called you for a week (when he said he would) … really *dwell* on that horrible, insecure, empty feeling. Go on, really *wallow* in it.

And now: think about *never having to have that feeling ever again*.

Because that’s what happens when you stop pursuing guys. You never have to feel insecure again, because you *know exactly how much he wants you*.

How do you know?

Because he’s pursuing you. And that feels *really good*.
Conclusion

I hope you’ve enjoyed this special report – and, more importantly, that it’s been of some use to you in straightening out some of the myths and harmful beliefs rampant in our culture and society about what we ‘should’ and ‘should not’ do vis-à-vis dating.

The simple truth is that what sounds good is often not what works, which leaves us with a lot of glib dating advice books packed with politically-correct advice to ‘just be ourselves’ and to ‘just do what feels right’ … and a lot of confused women who are turning men off without knowing how or why.

Worst of all, men don’t tend to make a habit out of honestly informing the women they’ve recently stopped dating as to why they chose not to pursue a love-relationship further with her, which means the woman involved doesn’t have a clue how she needs to change her style in order to be more successful with men.

Look, ladies: I am all for political correctness and wonderful-sounding ideas about ‘following your intuition’ and ‘being your real, genuine self’. I really, truly am. I think it’s a fabulous idea … but I also think that, given the amount of confusion that is running amok amongst us in terms of what works with men, most of us would actually appreciate a little more solid, hard advice.

Advice that actually suggests solid, practical ‘do’s and don’ts’ that can be applied right now to our dating lives, as well as the kind of widely-applicable, generally-useful ‘self-developmental style’ advice that so often forms the backbone of current tomes on dating and relationships (‘be more aware … give him space … don’t be needy’ … ring any bells?)

If you’re interested in creating a fantastic dating life that’s packed with opportunities and great men, as well as a kick-ass life and a happier, healthier, and more vibrantly-attractive you (and I’m assuming that you are), then I suggest that you stay tuned for the launch of my brand-new book, the Get-A-Guy Guide: From Initial Reaction to Life-Long Attraction.

This is my baby, and I sure am proud of it. It’s all about a positive and practical outlook on dating and relationships, and figuring out what works for you rather than focusing on what’s wrong.
If you’re interested in putting those past mistakes away for good, learning what it takes to be a bottom-line fantastic woman, and starting to enjoy the kinds of relationships that you literally didn’t know it could be that good, then the best place to start is with my solid system for women: the Get-A-Guy Guide.

If you want to stop hanging around trying to get something to happen, and actually take control of your own dating and relationships starting today, then you should check it out. It totally rocks, if I say so myself, and I had a lot of fun putting it together.

Anyway, the launch date is the 20th August at 5pm EST, and I’m soooo excited! You can check out the site at www.meetyoursweet.com/attractmen

With love,

Mirabelle Summers

MeetYourSweet.com