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“Thanks to your e-books and newsletters, I was able to get out of a toxic relationship with an emotionally-unavailable man before I got too attached to him. Now he's married to another woman, and last I heard, he's in a miserable relationship. In the meantime, my new boyfriend and I are one-year strong -- and we're ecstatic about our plans to settle down very soon!”

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“I love your newsletters and e-books. It has helped my relationships with my boyfriend, my friends, and my family a lot. Thank you and more grace!

-- A.O., *Nigeria*

“I'd like to say thank you to Alexandra Fox for all her newsletters and e-books. They never fail to give me a boost of confidence. I used to keep getting into bad relationships with emotionally-unavailable men. But after I joined the *Unforgettable Woman* community, I started attracting more commitment-ready men into my life. Right now, I'm in a long-distance relationship with a man who can't wait to settle down with me. More power to you, Alexandra!”

-- I.J., *France*

“Reading your tips has helped me revive my romance with my man. He can't stop telling me how much he loves me. And now, he wants to be with me long-term. Thank you!”

-- M.A., *Zambia*

“Your e-mails and e-books never fail to make me go into splits of laughter. You are so right! Women should never be needy, clingy, and dependent. Thank you very much for your entertainment and advice!”

-- E.G., *India*

“I love the advice you give. You're absolutely right when you say the more needy you become, the more you push your man away. I'm in a long-distance relationship right now, and the more I enjoy myself, the closer he gets to me. Thank you Alexandra, and may God bless you the same way He blesses us through you!”

-- M.P., *United States*

# **Get Him To Call You More**

**Unforgettable Woman Publishing**

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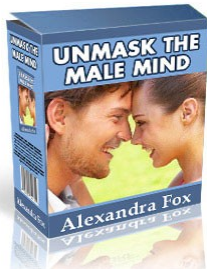
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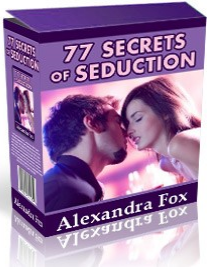
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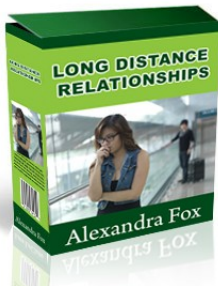
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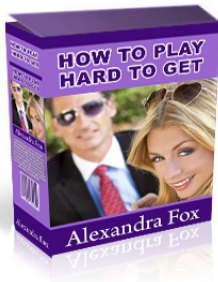
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## Chapter II

# The Psychology Of Communication

Men and women have very different communication styles. If this was not true, then books like “Men are from Mars, Women are from Venus” would not have been runaway best sellers and nobody would have ever heard of couple’s therapy.

It is not important whether these differences stem from neurobiological difference between the genders or, are a result of social and cultural influence; the fact remains that they are present and they are going to not only affect your relationship – they are going to make or break your dating experience.

If you can keep these following seven main differences in communication styles between men and women in mind as you start the

“dating dance,” not only will dating go better but you will have gained an invaluable skill necessary to building a great, long-term relationship.

One last thing before you read on, just because you have taken the time to learn about these differences and work to keep them in mind doesn't mean you should be shoving this book at your date and going, “READ THIS!” People come to learning about relationships and communication at their own speed.

You can't push someone into learning about it because learning about relationships and communication means you have admitted to yourself that perhaps, just perhaps – you have room for improvement in what you do.

It is an entirely different thing if you are in an established relationship with someone. Then by all means, feel free to leave multiple copies of this chapter around so they can't miss it and refuse to talk to them until they have read it (just kidding, that is not an example of good communication).

# 7

## Women Like To Talk, Men Prefer Silence



Women are verbal and visual.

We like words. We want to hear and see the words as often as possible.

Sometimes, it is not even important what the words are about – just the

act of talking together with someone we take as a form of emotional intimacy.

We like to let people know how we feel and we like to know how the people important to us are feeling. From the moment we wake up, our minds are going, churning, and spinning ways to say what is inside of us.

Men are different. They like to touch and are action oriented. They like to touch and be touched. They like to do. Talking about what they are doing, plan to do or how they felt about it is not something that is high on the priority list for a man. They just go do it.

When women get together with friends, we talk – for hours, often as if

we haven't seen the person in months when in fact, we had lunch together earlier in the day. When men get together with their friends, it tends to go one of two ways – either they are going off together to do something or, they are hanging out and talking about nothing at all – almost like they had just met.

A woman's need to communicate can overwhelm a man. A man's preference for silence can push a woman over the edge. You have to find a middle ground. The longer you are with someone, the more you can define for each other your needs as far as communication styles go. But when you first meet someone, you don't have that luxury. So what do you do?

You learn to assume the balance yourself. You want, should things go well between the two of you, to reach that point of comfort where you CAN talk about your needs. Until you are there, you have to be mindful of when your need to communicate may become excessive for someone who values silence so much.

Silence is its own form of communication. If you can learn to meet him in his silence, you will begin to learn his unspoken language.

A man may not naturally communicate his feelings with words, but his body reveals everything. When you choose to share in his silence, you

can pay attention to him – his posture, the way he moves (Is he relaxed? Tense? Tired? Angry?), you will even be able to see emotional changes in his eyes AND you will begin to see the relationship between what actions he chooses to do and how he feels.

The more you can meet him in silence, the more he will become attentive to you when you speak. Neither of you is becoming overwhelmed by the other.

As the two of you grow together, how you communicate will evolve into a beautiful dance that the two of you share. That is where you want to get too, have patience in the beginning and be willing to give to draw attention to what you need. The more you meet him in his space, the more encouraged he will be to come meet you in yours.

#### **Summary - Secret #7**

Women like to communicate by talking. Men are quieter and prefer action. Keep this in mind before you decide what he is feeling. Make sure you are reading him in his language, not yours.

## **8** How Often Is Enough?

In keeping with what we just discussed in the previous secret, what men and women consider adequate time frames for communication differs as well. Women tend to want more frequent communication than men.

Again, later in a relationship you can ask for and should expect a bit of compromise in this area. In the beginning, when you are first starting to date, you need to be OK with not having all the communication that you would like to have when you would like to have it.

What you should expect and in fact, should make or break whether or not you continue dating a man (no matter how wonderful he seems to be or how much you are taken with him) is consistency.

Consistent communication is more important than constant communication. We'll talk about that in the 11<sup>th</sup> secret. For now, what you need to know that what is acceptable to both of you is different. Where you want to go with someone you are dating is discovering what is acceptable

FOR both of you.

Women often make the mistake of thinking that when they are negotiating what is acceptable in how often communication should occur that they will provide the definition of the terms. It is a negotiation, you may not get exactly what you want, but you have to remember that you have to give as well.

**Summary - Secret #8:**

In the beginning, pick your battles about how often you want communication and how. How is more important than how much. You can go for “how much” later, once the two of you are together.

## **9** Emotions Versus Information

There is a strong difference between the ways the sexes view the purpose of communication. For men, communication is primarily about exchanging specific information – what time, where and when. For women, communication is about exchanging emotions.

If the phone calls, emails or texts you are getting seem distant and curt – think again. Look at the content of the communication. What you may take as curt and uninvolved may very well be a message trying to set up the what, where and when of your next date.

Remember, men are more tactile than women – being in your presence is a form of sensory communication because we literally can “feel” that other person is near us. Communication that is done over a distance is not as engaging to the emotions of a man as it is to a woman.

Women are more word oriented; this is why there is always such an



emphasis and desire for love letters. We like to be able to hold the evidence of emotional engagement. To read the words and hear them in our head.

Our communications, all of our communications – even if we choose to talk by skywriting – center on sharing our emotional states. We don't differentiate between communication done in person and that done from a distance – it is all catnip to us.

You may never get the kind and amount of emotional, written or spoken communication you want from your partner, but you should eventually develop the habit with him that there is enough there.

When you are first starting to date someone, rather than stress about how cold they seem in their contacts – look for the where, when and what time pattern in their messages. If these are the kinds of messages you are receiving and you are receiving them on a consistent basis, then he is very into you and is engaging emotionally – only he wants to do it in person.

Make sure that you slowly ease into the kind of written communication you want to be able to send him as far as length, intimacy and frequency. Too much too soon can send him running for the hills.

Use humor to feel him out about how comfortable he would be at this stage in the dating game with receiving a little bit more communication from

you. And, be sure to include, in each and every email, a humorous line about how he doesn't need to respond to everything in the email, but you would appreciate just a brief note letting you know he read it.

This is the first step in growing a pattern of communication between the two of you that meets both of your needs.

**Summary - Secret #9**

Men use texts, emails, and IMs to share information, not emotion. Women are comfortable sharing emotions in any form of communication.

Remember this so you don't fall into the trap of thinking he is distant when in fact he may be trying to draw near.

## **10** **Needing A Real Reason**

I think it is fair to say that a woman will pick up a phone and call someone just to talk. Not necessarily because there is something to be talked about, but this is the way that we touch base with each other and ground each other.

This kind of attitude towards communicating is almost beyond the comprehension of the ordinary man.

For men, the time for “just talking” is again, when you are together. Phones are for getting things done (preparing for action). It is not going to occur to a man to call you to just talk unless you have been together long enough and he is attentive enough to know that this small act can keep you happy and make you feel loved.

A man is only going to call when he has what he considers a REAL reason to talk. Remember, for men, presence and action are about connecting emotionally. Talking into a piece of plastic is not.

He may love the sound of your voice, he may even enjoy “just talking” on the phone once he gets started BUT it is a momentary thing. He will not sit there, alone in his apartment and think, “Gee, I can’t wait to see her. I know what I can do, it felt so good just to talk for a few hours last night; I’ll just call her and see how she is doing.’

This is not going to happen.

Women will call to see how the other person is doing. A man might if there is a REAL reason, like he knows she had a doctor’s appointment or a job interview that day. But he will assume that if you have something to tell him about how you are doing, you will call him.



He won’t guess or imagine or wonder about it. So stop expecting him to do it. You know you do and then get disappointed and angry when the phone does not ring.

Turn it around and take control of your reaction. Does he call you when he has, what you now understand, is a REAL reason? If he does, then that is good and a step in the right direction to building a strong relationship with good communication.

You have to look at the steps towards a relationship, don't keep hitting at your new date with a baseball bat made up of your full blown expectations of a relationship, let things develop.

Be attentive to his attentiveness, which is very different from your own. Once you learn what it looks and sounds like, it will be easier to enjoy and appreciate his efforts...

**To learn more about how to make your man call you more, text you more, e-mail you more, meet you more, and LOVE you more, visit the website below!**

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