

The Man's Guide to Making Her Want You

Recent studies have shown that the sexual differences between men and women are not so simple and there may be as many variances between woman as between men and women.

The 11 steps here are compiled from with thousands of couples in my 30 plus years of practice, I can say that these 11 tips work for the VAST majority of heterosexual couples.

1. Better yourself in order to better your (sex) life

We, as men, must have a healthy relationship with multiple aspects of ourself before we have a healthy sexual relationship with another. For example, you need to love the part of you that could be nice and kind and at the same time you need to be able to access and embrace the part of you that could be playful, adventurous and even naughty. This means that you are confident in both aspects of yourself.

You've got to be a confident man BEFORE seducing her.

2. Be interested in her. That's right.

Ask her questions. Decide to be curious.

Even small talk questions can make her feel important to you. Asking deeper questions is even better. Do this consistently.

Take the time to write some questions in advance. This could take a minute or two and yet could significantly and positively shift the energy between the two of you.

3. Practice perceiving the best possible perception of her.

We are basically walking, talking self-fulfilling prophecies.

If you base your perceptions on your partner's poor track record, that poor track record will continue. However, as counter-intuitive as this may sound, if you forget history and practice perceiving your partner as if she had a positive track record in a particular area of life, you could find out that her potential is much higher than her history seemed to indicate.

For example, if you perceive your non-listening partner as sexy even if she has not displayed that aspect for a while, you just may communicate to her in such a way that you become very inviting to play with and bring that side out of her.

4. Change things up from time to time.

Yes, put some thought and effort into keeping it fresh and new. Try a new behavior, do a new joint activity, try something different sexually.

5. Spend a minimum of 10 minutes a day sharing feelings.

That's right... feelings!

This activity raises the woman's oxytocin level that makes her feel good and that could only be good news for the man as well.

If you are one of those people that have a hard time locating and expressing your feelings, find someone (such as myself) who can train you to do this skill better.

6. Accept your sexual differences!

Remember that sex does not mean just sexual intercourse.

Be open to each person's preference. Yes- men and women truly ARE different despite the apparent contradiction of what I said in the opening paragraph. The expression- Men are like microwaves, women are like crockpots, usually holds true. If you want her to want you, you better do what it takes to warm her up.

If you don't know, then ask her.

7. Lovingly let her know what you want.

Let her know that as much as you accept what arouses her, she needs to accept what stimulates you.

A loving, healthy woman wants to please her man. If what you ask of her makes her uncomfortable, be patient and gentle and at the same time, stay true to your own needs.

Let her know that you are willing to stretch (or slow down) to meet her needs and you would like her to stretch as well to meet yours.

8. Learn from each other.

Typically, the thing that drives you crazy (in a not so good way) about your partner is the very thing you need to develop more in yourself.

What can you learn from your partner? Also, you have blind spots and your partner may be the best person to point those blind spots out to you.

For example, you may come from a family that did not express feelings and that may seem normal to you. If your partner has a complaint about that, take it seriously; learn from her that you have a weak spot in there (as we all do).

Use your partner to begin to have sight in places where you were blind before. In this way, you are open to her complaints. As David Deida says in his book- "The Way of the Superior Man,"- "Her complaint is the beginning of her pleasure."

9. Related to # 7 above- practice being emotionally present.

Put your phone down, shut your computer off or pause your TV show when she wants to talk to you.

Look at her deeply into her eyes (See # 1 above). If she has a complaint, stay present and practice not being defensive.

Listening and being emotionally present is just about the most masculine thing you can do.

It's masculine because it creates a positive impact that allows her to feel like she matters which leads to more trust and more of her opening her heart (and body) to you.

10. Initiate dates; set it up; or maybe an occasional weekend away.

On an even smaller scale- be romantic.

Romance to me is anything you do that uplifts the energy of your partner.

Send her an appreciative text whether it is about her mothering, her emotional qualities or her physical appearance.

Remember what it was like to be excited to see her and let your face light up when you see her.

11. Be a humble student of how to be more emotionally and sexually connected.

None of us know the answers and the problem is that many men believe the myth that we are supposed to.

Since we do have so much to learn about sex and intimacy as well as about our partners in particular, if we are willing to be humble students, we take more chances, expose our vulnerabilities and weaknesses and overall become much more interesting to our partner.

It also gives her permission to be a humble student as well.

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Todd Creager is an experienced relationship therapist & coach

He specializes in marriage, sex and couples counseling. From increasing intimacy, to a 90% success rate helping couples overcome infidelity, Todd has helped countless couples beat the issues that they face and as a result develop a deeper more satisfying relationship with their partner.

Author of the Long Hot Marriage, and Love, Sex and Karaoke: 52 Ways to Ignite your Love Life, Todd spends much of his time helping long-term partners create passionate & thriving relationships. He provides unique and powerful insights that lead to breakthroughs which result in his clients getting closer to each other and getting the love they want.

Need help? Todd can work with you in person, via phone or skype.



You can contact him at 714-848-2288 or
Todd@ToddCreager.com