

# Understanding Men

*The things you need to know about  
men, love and relationships*

Peter Granger

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# About This Book

This is a book about one of the greatest challenges a woman will ever face - finding true and lasting love with a man. It is written for women who love men and want to share their lives with them, but feel that they have been let down, disappointed or betrayed by them. It is also written for women who would simply like to understand men better so that they can improve their relationships. I want to explain why men can drive you to distraction and why we often struggle to love and be loved. Once you understand us better, I will show you how to build a relationship that is full of love, joy and wonderful sex – a relationship that has great physical, emotional and spiritual connection and grows ever stronger with time.

Unfortunately this type of relationship is rare. Nearly every woman I meet in my work as a relationship coach has a story about lost love, heartbreak and disappointment. They speak of how distant their men are, how disengaged they are from the family or how they bury themselves in their work. Many of these relationships only survive through compromise or convenience. Do you recognise any of this?

I'm sure it wasn't always this way. At the start of your relationship I would imagine that you were full of hope for the future. You probably had a dream of discovering true love with a man and spending the rest of your life with him. Perhaps you found a man and fell in love, but then something began to go wrong. Did the feelings of love fade or disappear altogether? It can seem that the man you loved has changed forever and that the distance between you can never be bridged.

It is true that after the early romantic phases of a relationship, men are not always easy to love. We can struggle with commitment, hide from our emotions and distract ourselves through work. We may become distant, irritable and emotionally unavailable. We may even stray. For many women these are huge disappointments and our withdrawal stops the two-way flow of love that is essential for a good relationship. Eventually the relationship will fail in conflict or move into the deadness of two people cohabiting, but living separate lives.

Sadly, this scenario is being played out in millions of relationships around the world, leaving a trail of human misery and suffering for this generation and the next. The divorce statistics speak for themselves. If you are in such a relationship you may want to leave because you feel that your situation is hopeless, and while for some this is the right decision, for many others it would be a mistake. Your partner hasn't changed – he is still the guy you fell in love with and the same guy who fell in love with you. With a little understanding and a

willingness to deal with the issues that have created your problems, it is possible to rekindle and sustain the powerful feelings of love that you had when you first met.

Relationships fail because we are unable to deal with the deep-seated fears and insecurities that inevitably rise to the surface when two people intimately share their lives. Far from being fatal flaws, I will show you that by looking at your relationship problems in a new light, you will discover what it is that prevents you from becoming really close to your partner. As you heal these insecurities and help your partner to do the same, you will build a relationship that is full of love and connection.

A great deal has been written about romance and love from a woman's point of view but virtually nothing exists from the male side. There is a very good reason for this. We don't want you to know what we are feeling! This isn't because we want to protect our privacy, or that such things don't matter to us, it's because we are terrified of revealing our innermost fears and insecurities. In fact, a lot of the time we are so out of touch with these feelings that we are completely unaware that we have them. This denial of our true feelings means that few men are able to express themselves adequately in the area of emotions or to communicate their innermost feelings to the women in their life. It is hardly surprising that women do not understand us. It is this lack of awareness that I would like to address in this book. It is time to let you into the secret of what your man is *really* thinking and feeling.

To understand why men hide from their emotions and withdraw when the going gets tough, I will take you beneath the surface veneer of these behaviours so that we can explore the deeper levels of human consciousness – a level at which we discover fundamental emotional and spiritual needs that are shared by men and women. I believe that we can only find sustained happiness in our relationships by recognising our common needs and understanding how these may be played out differently between the sexes. I shall be explaining how our needs create our beliefs and attitudes and how in-turn these are manifested in a wide variety of behaviours, both positive and negative. This understanding is the key to successful relationships.

I will show that most of the problems that we see in the world today can be traced back to unmet masculine needs and their attempts to suppress the emotional pain that these create. The unmet needs are a direct consequence of our misunderstandings about the true nature of love and

relationships. I will redefine love in a way that will probably turn everything you know about it on its head. Some of what I will tell you may challenge you deeply and some of it may even shock you. It will certainly ruffle a few male feathers. Such is the extent of the denial of male emotions that to begin to reveal them is usually met with disbelief, ridicule and even anger. I will explain why we protect ourselves from our own truths, even to the point that we damage our lives and the lives of the people around us.

A small number of men become aware of the way that they have emotionally separated from their partners and begin the process that brings the relationship back together. Unfortunately most of us need a bit more help with our emotions, and this is where women come into their own. You are generally more in touch with your emotions. Your natural nurturing skills, which are full of compassion and empathy, are exactly what is needed to help a man to reconnect with his emotions. I will explain how this can allow you to become the leader in your relationship, not in a way that tries to control, but in a way that responds to your partner's fear and allows him to let go of the self-beliefs that keep him emotionally unavailable. We love women who understand us and touch our hearts and you now have an opportunity to do that with your boyfriend or husband. I will show you that no matter how negative his behaviour may seem to be at the moment, the wonderful man you first fell in love with, is waiting to be rediscovered.

You will be amazed at how quickly you can help your partner become more emotionally expressive, begin his own healing and enhance your relationship. One of the most wonderful rewards of this type of personal development is that those often distant memories of falling in love and the wonderful sensations that go with it, can quickly return to the relationship. In fact, those 'honeymoon feelings' can get stronger and stronger and become ever more fulfilling, provided that you learn to recognise the danger signs and have the courage to address any emotional pain that appears. I will be showing you how to spot these signs and handle the fear that rises up for healing in any healthy relationship. If you are currently single I will show you how these ideas can help you find a true partner and then how you can extend your 'honeymoon' throughout a long-term relationship.

My intention in writing this book is to bring the sexes together in the spirit of love and partnership. I do not want to blame men for all the problems and equally I do not want to put all

the onus on women to save and improve their relationships. In a successful relationship both parties work together. Nevertheless, there are times when one of the partners is in a better position to lead the healing than the other. Surprisingly, I will show that just one person in a relationship has the power to transform it. It was Gandhi who said, “*Be the change you would like to see in the world*”. What he meant was that we cannot change anybody else, but we can effect change in our world by being willing to *change ourselves*. I will show you how to gain self-awareness and how this is the basis for transforming the quality of your relationship. Although women are often better placed emotionally to lead the healing in a relationship, this need not be exclusive. I hope that the book will be picked up and read by more enlightened men who are trying to improve their relationships and searching for meaning in their lives. If you are such a male reader then I hope that my words will give you inspiration and direction in your own healing.

When we focus on our own accountability and seek personal change we will inevitably have to look within. The process of self-discovery I will take you through may trigger some quite difficult thoughts and feelings. Please don't be alarmed by this – it is a sign that you are on track! Try to feel into your emotions and trust the healing process. Emotional pain is simply a sign that we need a change of mind and a change of heart. There may be times when you want to stop reading or even throw the book in the bin, but try to resist this temptation. When I first went through this process I too found it challenging, but I am so grateful that I persevered. I promise you that finding the courage and willingness to own and heal your issues and to help your partner is the route to a fabulous relationship and great happiness.

In writing this book, I appreciate that it will be read by women with a wide range of experiences; of all ages, who are both single and in longer-term relationships. I have therefore tried to speak to the specific issues you might meet in your various relationships, but also highlight the common threads of understanding that are true for all successful relationships. It is always dangerous to generalise, so please adapt what I say to your individual circumstances and relationship experiences.

Most relationships evolve with time through a number of natural stages. I will be describing these and showing you how the earlier stages contain within them a number of traps that can

easily derail a relationship. Having described some of the pitfalls of a typical relationship, I will then show you how to navigate through the various stages, so you can build a successful partnership.

Ultimately, this book is about achieving *equality* in a relationship – an equality that allows two people to connect and communicate in a wholehearted way, with complete honesty on both sides. This happens when we heal our personal fears and insecurities and stop playing them out in our relationships. The key to a successful relationship is understanding, and through this comes healing. Let me help you to understand men and transform your relationship so you can experience the most wondrous part of being human – true and lasting love.

## Chapter 1 Love, But Not As We Know It

*Turning everything you know about love on its head*

This is a book about building a loving relationship with a man, so I was wondering what this means to you? Is it about finding somebody special who will whisk you off your feet and shower you with romance? Do you expect a man to care for you and cherish you forever? Or do you want to be with a man who supports you and looks after your every need? If so, these are not unreasonable desires. Most of us have an idea of what would make a good partner and good relationship, and these are often built around our fairy-tale dreams. But there is a problem. The dreams contain within them a fundamental flaw. They assume that our partners can *make us* happy.

In the next few chapters I will show you that this assumption is at the core of *all* our relationship problems and that it comes out of a *misunderstanding* about the true nature of love. Any emotional unavailability in your partner or lack of intimacy in your relationship can be traced back to this unfortunate misunderstanding.

Left unchecked it will certainly damage your relationship and could even destroy it altogether. I can say this with some conviction because it was my own lack of awareness about love that destroyed my marriage. I would like to share with you how this

**Misunderstandings  
about love can  
damage or destroy our  
relationships**

happened and what it taught me about myself and the problems that many men have with love.

I had been married for nearly ten years and I had a lovely wife and two wonderful children. My career had been successful and I was proud of the way that my life had turned out. We lived in a handsome house and enjoyed a good standard of living. On occasions we had been described by our friends as the perfect couple. Although I remember feeling a little uneasy about these comments, I began to believe them and became complacent about our marriage.

At the time I considered myself a reasonably empathic and caring man, with a sensitive personality. I know my friends considered me something of a ‘nice guy’. However my level of emotional awareness was limited – while I was interested in other people, I didn’t really *know myself*. On the surface I felt fairly happy, but was completely unaware of the negative self-beliefs

and fear that I was hiding deeper down. This lack of awareness could not last, and one fateful evening I was forced to face my insecurities.

We were about to sit down to eat. It was one of those romantic rituals that you settle into within a marriage – a candle on the table, a nice meal and bottle of wine, perhaps a video and then up to bed. I was cooking that evening and being in a rather lazy mood had heated-up a ready-meal. I will always remember the dish - it was Salmon-en-Crouete from Marks & Spencer. Until that evening it had been one of my favourites but now, even the thought of it, makes me feel sick. Having prepared the meal and set the table, I was at the point of serving it when my wife popped upstairs to check on our children, who had just gone to bed.

I remember noticing that she took an unusually long time to come downstairs. Eventually I heard her footsteps descending our creaky stairs. As she sat down opposite me, I could see that she was distracted, unable to make eye-contact. She looked up, gave me a tortured glance, and then spoke those terrible words, “*Peter, I’m leaving you.*”

Even now, many years after the event, it is painful to recount my feelings as my life suddenly collapsed around me. It was like a pack of cards and it came tumbling down in an instant. At the moment of loss, I remember the sensation of falling into an abyss, a grey haze enveloping me. For an instant I had the image of myself as a foetus, being crushed and extinguished of life. I felt I was dying. I couldn’t believe the words she had uttered because I had no idea that she was unhappy. My mind was filled with unbearable visions of life without the woman

**My life suddenly  
collapsed  
around me**

I loved, of being parted from the children and never being a family again.

After the moment of loss, came the disbelief and the denial – this just wasn’t happening to me, it couldn’t be true. I told my wife she was mistaken, that there was no way we could split up. In our nearly ten years of marriage we had experienced little more than the odd irritable exchange and yet here I was facing the total loss of everything that I held dear. Once again, she repeated that it was over, we were finished. There was a cold certainty to her words that told me there was no turning back. I thought of the children upstairs, now soundly asleep and my heart screamed for them. I imagined their confusion and fear when we told them that we were

splitting up. I was losing two of the most precious things in my life – my wife and my family, and there was absolutely nothing I could do about it. I pleaded with her. We were a great family, we were meant to be together. But deep down I knew it was over.

That night proved a turning-point in my life. I could never be the same again, and with retrospect, I wouldn't want to go back to being the person I was before that terrible shock. It was an awful experience and the pain was to last for several years, but it had the effect of waking me up and forcing me to face my innermost fears and insecurities. That night I began to understand who I really was and how I had been hiding for most of my life. It was also the first time I realised that I had completely misunderstood the true nature of love.

To me love was something I *lacked* and therefore had to bring into my life from the *outside*. When I met my future wife and fell in love, I believed that my search was over. As we

**There was a terrible  
flaw in my plan for  
happiness**

built a family and a home together it all seemed so easy - I had everything I needed to make me happy. But there was a terrible flaw in my plan. My belief that I was personally lacking in love made me *dependent* on my wife for my happiness. I had

everything, but only as long as she remained in my life. When she suddenly left me, my life fell apart and I was devastated and heartbroken.

My experience as a relationship coach and my observations in daily life have shown me that most people have a belief that they are lacking in love. Virtually everyone I meet starts from a position of *scarcity* when it comes to love. In this book I am going to show you that although it is a terrible mistake to believe that we are lacking in love, it is extremely difficult to stop this belief taking over our lives and ruining our relationships. In fact its hard to avoid taking on this belief because it is everywhere in our culture. Our films, books, plays and music are full of stories about love – the joy of finding it and the heartache of losing it. We treat it as a commodity, a transient emotion that comes and goes. We are deliriously happy when we find it, but suffer terribly when we lose it again. We end up assuming that love is fickle and that it has the potential to *hurt* us.

Our relationship problems just reinforce these beliefs. The vast majority start well, with two people falling in love and delighting in each other's company. Initially the relationship seems very successful and is usually full of love, tenderness and great sex. Then something begins to

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go wrong. The feelings of love start to fade and we begin seeing our partners' failings. Quirky habits that we found charming in the early days now irritate us. We notice an increase in selfish behaviour, our partner becomes unloving and they withdraw from us. We might work out our frustrations and annoyance through arguments and rows, but these then rob the relationship of pleasure, or we might compromise and settle for less love and connection. If things get really bad, one or both partners might choose to end the relationship and try to find someone better. Even if we find another partner and the new relationship shows great promise, as time goes by the old patterns invariably repeat themselves. After a number of these disappointments we can become disillusioned and cynical about love.

These negative relationship experiences are so common that few of us ever question them. When the feelings of love fade in a relationship we may assume that either we or our partner has changed. Perhaps we weren't so compatible after all, or perhaps we chose the wrong partner? Although there may be some truth in these explanations, we rarely consider that there could have been a problem from the start and that we might have fallen in love for the *wrong* reasons. To explain how I can make such a radical suggestion we need to look at why we are so driven to find romantic love.

It is not unreasonable to want to share our lives with another person. There are many pleasures that are best enjoyed together! Eventually we might want to settle down and have a family, or find companionship with a like-minded individual who shares our values. Although we may think that our reasons for finding a partner are entirely positive, the chances are that we are being driven by our need to fill the *emotional hole* that we feel inside. A feeling that we lack love is so painful that we will do almost anything to bring it back into our lives, and finding somebody to love is our favourite way of doing this.

Have you ever wondered about your own motivations in finding a partner? Cast your mind back to the time when you were single - what sort of emotions did you experience? Can you remember a feeling that *something was missing* from your life? Have you ever felt an aching *loneliness* and or maybe a feeling of *emptiness* or *incompleteness*, even within a current relationship?

**Our need for love  
sabotages our  
relationships**

Emotionally, this is the starting point for most of us on our search for romantic love. We look for somebody to bring love *into* our lives, to take away our pain. There are plenty of men and women out there who are searching for the same thing and that is why, for most of us, it is fairly easy to find a partner and fall in love. The trouble is that fulfilling our lack of love through somebody else, is the worst possible reason to fall in love! I will show you that our *need for love* and the *dependence* that it creates, eventually sabotages the very relationships that we long for. The sad truth is that if we expect our partners to replace the love that we cannot feel for ourselves, we will be doomed to failure in our relationships.

Like most people, you have probably experienced the heartbreak of a lost love or a failed marriage or relationship. If you have tried to win a man's love or tried to love him from a place of dependence, this will have left you *vulnerable* to emotional hurt. Unfortunately, very few of us are aware of our mistaken beliefs around love, and this is why so many relationships end in disappointment and misery. Although it can feel like your world has fallen apart and lost all meaning after such experiences, I want to show you that it is not only possible to recover from them, but it is also possible to use them as a springboard to learn about yourself and build a really successful relationship in the future. In subsequent chapters I will be showing you how you might have fallen into the trap of believing that you needed to find somebody to love you, and how you can reverse this belief and transform your relationship. However, before I can explain these things, let's explore the *true* nature of love.

If you have ever fallen in love, then you have already experienced *true love*. Although I have described how you might fall in love for the wrong reasons, once it has happened, for a short while you have an opportunity to experience love that is without *need* or *fear*. Can you remember what that felt like? Think back to those heady days when you couldn't stop thinking about your partner. Do you remember how perfect he seemed, how totally in tune he was with

**You allowed yourself  
to fall in love**

you and how connected you felt? You probably spent hours looking into each other's eyes, talking endlessly and making love. You felt like a new person. It was all so easy.

The process of falling in love allowed you to experience your *potential* for successful relationships and even more importantly, your *capacity* for love. Although the decision was

made subconsciously, there would have been a moment when you *allowed* yourself to fall in love. During that time you let go of all your fears and negative ideas about yourself and the world. You opened yourself up to all the love that was available and your partner did the same, making it easy for you to feel huge amounts of love for each other. These romantic experiences show just how much love and joy can be experienced in a committed relationship. As you work through this book and try some of the things I suggest, remember that if you have been down this path before, you can go down it again. If you are in an existing relationship, I want to help you retrace your footsteps and relive that amazing honeymoon experience, over and over again, and if you are waiting to meet a partner, I will show you how to build these ideas into your next relationship.

The key to understanding the beautiful experience of falling in love is to realise that *nothing new* comes to you. The love and joy is *already* present within you and it shows up when you *let go* of your fear and negative self-beliefs. When you fall in love it seems that your partner is *making* you feel happy, but what really happens is that you *give yourself permission* to be happy. This is a hugely important distinction and one that can transform your understanding of love and relationships. As you fall in love you make a subconscious choice to feel good. It is critically important in your understanding of relationships to appreciate that, no matter how much love your boyfriend gives you when you fall in love, the good feelings are already present in you, *before* you meet. That isn't to say that your boyfriend's loving behaviour isn't important. He is the key to unlocking the best in you and reminding you of your natural capacity for love.

I hope that you can see that the experience of falling in love is a gift we are given to understand what love really is. Love isn't an experience that comes and goes or that you need to search for. It isn't even an emotion. It is a description of your very *essence*. Love is who you are!

Love is your essence -  
it's who you are!

Perhaps this idea seems far removed from the experience of your life, especially if you are in the midst of a relationship crisis or breakdown. I appreciate that you might be having all sorts of difficulties and problems, both within your relationship and in the rest of your life, and

these may be creating anxiety and emotional pain. Some of you may have even wondered if *fear and pain* is your normal state of existence. If this is what your life is like at the moment, I want to show you that it is not the *truth* for you or for the people around you. I can assure you that love is your natural state and that it is possible to let go of the fear and other negative feelings that have been dominating your life. A happy relationship and life is within your reach once you can remove the barriers to love.

When I first came across the idea that love is our essence, I too was very sceptical. At the time I was not enjoying life and was still feeling great sadness following the end of my marriage. I had been lucky enough to experience love on many occasions in my life, but at that time it seemed to have deserted me. Over a number of years I worked to understand my own psychology and gain more emotional awareness, and I began to see how I had allowed fear and negative self-beliefs to creep into my life. As I let these go, I began to notice that I didn't have to *learn* how to love myself or go out searching for love - it was always present when *my* fear and negativity subsided. This is what convinced me that love is our natural state. Much of what I will share with you in this book is about removing fear from your mind and your partner's mind, so love can shine through and bless your relationship.

Defining love as our *permanent* state, rather than as fragile emotion, turns everything we know about it on its head. No longer do we feel lacking in love or have to go out and search for it, because we have a *limitless* store of it ourselves. We will become less dependent on our partners to love us and take away our fears. It also challenges our ideas about *falling in* and

**We are choosing our  
experience of love**

*out* of love. When we fall in love we have assumed that our partner brings us love, but if it's been there all along, this can't be true. What changes must be our *willingness* to experience the *feelings of love*.

During those wonderful experiences we are embracing the love that is us. Of course, the opposite is also true. When we fall out of love, we must make a decision to shut off our feelings of love and deny our essence. What makes this such a powerful and potentially life-changing idea is that it means that we are *choosing* our experience of love, rather than feeling that we are at the mercy of what is happening around us. Can you see how empowering this idea is? It is within your power to choose more love and a happy relationship.

Once you understand that love is your essence and that you are designed to be in a loving relationship with your partner, you will understand why denying these things will create problems. If you think about any relationship difficulty that you have had in the past, or that you might be having now, you will always be able to find a place where love has been denied or withdrawn, by either you or your partner. In fact, a *scarcity of love* can always be found at the root of all human problems.

Due to our misconceptions about love, we can easily reach the conclusion that love can hurt us. Some people even assume that the pain they are feeling in a relationship is love. It is important to realise that love itself can never hurt you, it's the *absence* of love that hurts and creates all the difficulties we experience in our relationships. If you are experiencing any pain in your relationship, it is an indication that love is being withheld - it is a warning sign that something needs mending. If you can see where and why love is being denied, you will be well on your way to bringing it back again and solving your relationship problems.

By now you are probably beginning to see that these radical ideas about love are something of a double-edged sword. On the one hand embracing our loving essence takes away our neediness and frees us from our dependence on other people for our happiness, but on the other it means that we are *responsible* for the emotional quality of our lives. This idea isn't new - it was Aristotle who pointed out that "*happiness depends on ourselves*" This means that we have to stop looking to somebody else to make us happy and bring us love. It also means we become more *accountable* in our relationships. While it is tempting to believe that your partner is the one who is denying love, it is worth remembering that it always takes two people to have a problem in a relationship. After all, if it was only your partner who had the problem, and you were full of love, you would be able to immediately bring it back to him and the relationship.

Accountability is one of the most challenging ideas that I will be introducing, but it is also one of the most powerful because it will give you the best chance to improve the quality of your relationship. The key is to realise that if you or your partner have shut out feelings of love, you can just as easily invite them back - you have total control over what you feel. Of course, at this stage you might be a long way from believing that you can make these positive emotional choices or that you have any influence over your relationship. Don't worry about this, because I will be returning to the idea of accountability several more times in this book and showing you

how you can take charge of your emotions and be a force for positive change in your relationship.

The amount of love that we embrace is really a measure of how much we love ourselves - it determines our level of *self-esteem*. We know that high self-esteem is the single most important factor in emotional well-being and in forming successful and long-lasting

**We cannot love  
somebody else until we  
love ourselves**

relationships. It is often said that we can't love another person until we love ourselves and that is why I am going to put so much emphasis on building self-esteem in this book.

For a moment I would like you to stop reading and try a small exercise. Shut your eyes and bring into your mind the five people you most love. You might want to jot their names down if you have pen and paper at hand. Who was on that list? Was it your children, your partner or your parents, or maybe even your pet? These are typical responses to this question, but did you remember to put your *own name* on the list? Be honest, do you love yourself enough to include it? This isn't a trick question. Many of us will forget to include ourselves because we don't rate ourselves highly enough. We can be so lacking in self-love that we would never think of placing ourselves on such a list. You may already be aware that your self-esteem is not as high as you would like, because women are usually more in tune with these things. Your partner, on the other hand, may be much less aware. You might want to try this exercise with him, but beware of him placing himself at the top of the list for narcissistic reasons! The sort of self-love I am talking about is one that comes from the heart rather than the ego.

What I would like to show you in the next few chapters is that the sometimes difficult and unloving behaviours that you see in your partner are not some built-in personality flaw - they are simply a response to his own low self-esteem. If your partner is behaving badly, I can guarantee that he feels in some way, *lacking on love*. At some point in his life he must have turned away and doubted his capacity for *self-love*. In recognising that he has self-esteem issues you will be in a much better position to help him. In the course of this book, I will explain how you can raise your own self-esteem and help your partner do the same.

In the next chapter I want to start doing this by helping you to understand your partner's personality, particularly how he handles his emotions. An important part of this will be to recognise that your partner is likely to handle his emotions in a way that is different from you.<sup>16</sup>

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I will also explain why men often struggle to feel and express their emotions adequately and describe the damaging behaviours that result from this denial.

## Learning points from Chapter 1 - Love, But Not As We Know It

- *Love can never hurt - it's fear and our unmet emotional needs that hurt.*
- *When we start a relationship, most of us feel lacking in love, and this makes us dependent on our partners*
- *Love is our essence - it's who we are!*
- *All of us are connected by love to other people*
- *Relationship problems are caused by the denial of our loving essence and our loving connections*
- *We do not need to bring love into our lives via a partner because we have it already*
- *Building self-esteem is the key to a happy relationship and life.*

### Is it love or fear?

When we start looking with more emotional awareness at our relationships, we see that much of what we had assumed to be an acts of love, are a response to fear and neediness. Here are some ways that fear can masquerade as love. If you find that you are experiencing some of these things, don't be disillusioned - these behaviours are very common in relationships. As the book progresses, I will explain the origins of these behaviours and show you how you can return your relationship to a truer form of love.

### It's not love if...

- *There is any pain, fear or hurt in your relationship*
- *You look to your partner to make you happy and feel loved*
- *Your partner says he loves you, but it doesn't feel that way*
- *You feel terribly lonely and struggle to function when your partner goes away*
- *Your partner is jealous when other men giving you compliments or attention*
- *You are always giving to others but don't get anything in return*
- *You believe that love is only something you only feel for special people in your life*