

# Reasons to Date a Low-Maintenance Woman



by [Charlene J. Owen](#)

It's easy to make a low-maintenance woman happy. That's because she enjoys the simple things in life—an afternoon by a fish ball cart can pass for the best date she's ever had, as long as you've shown her a great time. She doesn't expect you to always have your best foot forward. She'd rather have you honest and relaxed because that just means you're comfortable around each other.

On a regular day, you'll see her in a classic shirt-and-pants ensemble, which she accents with a tailored coat or a casual jacket, depending on the occasion. She prefers flats and sneakers over heels because she doesn't like being restricted by what she wears when she's off on one of her many adventures. She's straightforward, practical, but somehow still remains to be the classiest woman you've seen, and that's probably because she's content with who she is.

There's no use worrying about a low-maintenance woman; she can handle things by herself. You don't need to drive her around or buy her things that she likes. She can do all that without your help. Independence is her second name, and while she appreciates that she can rely on you, she treats you as her equal. Respect her enough to treat her the same. She was strong on her own before she ever met you, and she still is

now.

A low-maintenance woman does not ask for a lot. It's easy to purchase gifts, but she knows the weight of love and loyalty, which is why she values them more than those that are tangible. A low-maintenance woman is, after all, still [a woman with high standards](#), and she will never allow herself to be treated less than what she knows to be her true value.

As much as you enjoy the lightness of her company, remember that she is her own person: She may fall in a dark place if ever you make the silly and illogical decision to leave her, but she won't stay there for long. She'll rise above and beyond you without bitterness and complication, because that's the way she is.

So do yourself a favor and stay a while. She may teach you a thing or two about living and loving. Dating a low-maintenance woman is more than just being with someone who enjoys cheap thrills; it's about being with someone who finds beauty in simplicity.

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## **Reasons to Date a Woman with High Standards**



A woman with high standards is a woman who knows what she wants. When she sets the bar for who she chooses to be with, it doesn't mean that she's immediately a red-heeled tigress who eats men's souls for lunch. Standards are relative, and this woman, in her confident smile and intriguing sensibilities, simply knows exactly what she's looking for.

She is any lady who knows how and when to compromise, but doesn't take less than what she knows she deserves. She's honest, open, and admittedly at times, too-wide eyed: There will be always a point when she hopes to marry into real-life royalty, but at the end of the day she just wants a prince who'll help with the dishes in a cozy home.

She isn't afraid to venture out, but won't think twice about staying within her familiar haunts when she feels like it. She can either actively look for love or simply choose to sit in a coffee shop without even trying. However she does it, the point is that she won't just date anyone (unlike before), because now, she knows better. Yes, she may have been hurt before, and she has also made mistakes, but haven't we all?

A woman with standards knows that the person who's worth her time will understand her worth, and treat her right. She is someone who has confidence and ambition, and while at times she may question her own abilities, she never fails to go beyond her insecurities when it truly counts. She doesn't stand at the sidelines watching life pass her by; she jumps right in the flow and expects whomever she chooses to be with to do the same. She understands that a partner isn't the person to fix her, but someone who can help her smoothen out her edges while celebrating her identity, and vice versa.

In the same vein, a woman with high standards for her future partner sets even higher ones for herself.

She knows that she has to bring something to the table. She isn't looking for someone too handsome, or too rich, or too smart. She's looking for one who can match her in every possible way. That's where her standards for both herself and her man are coming from; the definite desire to find that one soul excited about the same worthwhile life she has dreamed of. At the end of the day, it's not really about high standards, just values.

So yes, date a woman with standards. Date a woman who knows her worth, because finding someone who can stand on her own means being with someone who can stand with you.

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## **How to let go?**

Still thinking about that ex after six months?;  
Or about that guy you had a 'crush on' but waited too long, 'I

*should of said something!';*

Or how can I trust again after my last bad relationship/s?

How do we deal with the memories that haunt us, taunt us and make us question ourselves; *what is wrong with me?* Humans have, and always will be, emotional beings. Everything we do in life is defined by how we feel about ourselves and the outside world. Sometimes that's a positive, sometimes a negative. We can laugh at jokes told hours before, smile about the things we love when they aren't around OR even hold onto grudges for a lifetime over one poorly chosen and ill-willed sentence.

The why is simple; we have evolved to learn from our experiences by attaching emotional connections to reinforce the 'desired' lesson. Just as every day you spend with a lover increases your connection; so too can time apart strengthen a negative attachment. In simplest terms when spoken to our children, *'Do not touch the stove or you will get burned.'* Yet for all our good intentions; we all know that curiosity and the inevitable painful consequences will be learned. In this case, after many scream filled tears, the lesson that you should never touch a stove will last that child's lifetime.

So Tim, *How do we move on?* Well... My first answer is always the question, *'why do you want to move on?'*

Every time you reflect on an old flame, memory or experience; that is your brain reminding you of potential consequences of lessons learned, positive and negative. It's that simple. Remember, our brains, or more so, our subconscious is not the enemy. It isn't trying to confuse, trick or manipulate us just for the sake of it. It is simply answering the question based on the information you have given it. *This is you...*

**You:** I'm bored and not fully focused on this task, please bring up a selection of thoughts based on emotional importance to reinforce existing learning.

**Brainogle:** Are you sure about that?

**You:** Not really but let's roll the dice; C'mon happy thoughts...

**Brainogle:** Let's see... searching... Current stimulus = At Work ADD Most frequent thought cross referenced with emotional potency REMOVE results older than one year...  
Loading... Loading...

**Brainogle:** Here is a vivid memory of the time you caught your boyfriend cheating on you with your co-worker. QUE Chemical release attached emotion – Anger leading to heart wrenching sadness.

**You:** Where is that BI\*CH! I'll kill her! She ruined my life! I have nothing left! I'm useless!

**Brainogle:** RELEASE TEARS... and my job is done for the next 30 minutes... time for my smoke break.

Like and share if you can relate.. But joke aside, it is important to understand that although you can't always control what you think, you CAN CONTROL how you interpret these thoughts. Using **cognitive restructuring** YOU are able to reprogram these conditioned responses BUT it takes time and continued effort. You cannot just break the memory/emotion neurological process over night. The more we think about any one topic, the stronger the bond gets. It's that simple. The reason **you can't move on**, is because you keep thinking about **how you can't move on**. The stimuli is only relevant so long as you keep reinforcing that emotional bond.

So here is the answer; and I know It's not as easy as just switching off the thought. You can't just stop thinking about it, that's impossible. Every where you go, you will be reminded of the connection, it's inevitable. This is your brain actively learning and improving. A very necessary function to human life... Example, you see a movie; '*this is where we used to date*' ect ect. Excluding serious brain trauma/concussion, you can't just erase memories.

**So what do we do;** this all leads back to my first question...

See what I did there... \*wink\*

Until you have decided what you truly want, and you yourself believe it, you will never be able to 'let go'. In many cases, people can get back together, and they can live happily ever after, and sometimes people learn to forgive and have meaningful friendships, and so on. OR you may decide that YOU WILL NEVER LET THIS HAPPEN AGAIN!!!

Decide on a goal, weighing up the pro's and con's, and decide once and for all what you want, then try your best to achieve it and with success or failure you will have closure. Anything else is only reinforcing unhealthy mind sets.

You need to change the emotional attachment through sheer unwavering repetition. Every time you have that thought/memory, you need to remind yourself that the future is better than the past. *You will be happier in the future!* You may not be 'happy' now, but you know you are working to make a better future. You need to re-wire any thought you had, and reconstruct it with a positive outlook. Thinking about your ex? *'you're better off without them'*. REPEAT, REPEAT, REPEAT.

There is no easy fix, and your brain is trying to help you avoid the same mistakes. The amazing thing is; after you have deconstructed and remade that memory chain, these very same thoughts you're having now, will actually bring you joy in the future. When you start the next amazing connection, it will only add to the richness and vigor of those memories and create a happier, better you.



Have any questions or want more details? Find me at [www.facebook.com/timreplies/](http://www.facebook.com/timreplies/)

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**There's an evolutionary secret that can help you understand how to attract men and make them desire you**



[Attraction](#) between the sexes, as complicated as it may seem, is pretty simple to explain in a few lines.

Girls are more easily attracted to a guy who appears healthy and stress-free, has a good level of testosterone which makes him appear more manly and chiseled, and has a protective streak in him which makes him a good mate material and a father.

Guys, on the other hand, are more easily attracted to girls based on their



appearance or behavior.

But that's not it though.

To truly understand how to attract men and how a man's mind works, we need to get deeper into the concept of attraction from the male point of view.

### **How to attract men in a way they can't resist**

A guy may like a girl for different reasons, but when it comes to physical or sexual attraction at first sight, her physical appearance and her behavior matters more than anything else.

So if you want to attract a man and make him desire you, you just need to get his attention the right way. And the rest, as they say, is history!

You need to keep this in mind though, love and attraction are two completely different things. A guy may find you extremely attractive, yet he may not end up falling in love with you for his own reasons.

But for love to blossom in the first place, you need to build the sexual attraction before you make him fall in love with you. It's the safest way to make sure the guy falls for you and stays in love with you.

### **Attraction and how a man views a woman's body**

As we know that physical attraction plays a very big part in attracting a guy, you need to understand what a guy's mind tells him when he sees you and sizes you up.

When a guy sees a girl's physical assets, he subconsciously sees more than just your breasts or your butt. The right curves in all the right places tells a guy that a girl is fertile and has come of age, and that she's healthy because her body can afford to waste energy on developing her curves which play the biggest role in sexual attraction.

A guy may think a girl is attractive. But in his subconscious mind, he's gauging you as the woman who may carry his offspring one day.

### **Testosterone and a man's [sexual](#) preference**

Every man produces testosterone, a sexual hormone, in his testes. And women produce a small amount of testosterone in their ovaries. The more testosterone a man produces, the more manly he looks and the more sexually virile he is. His facial features appear manlier, his jaws are wider and more chiseled and his voice is deeper.

And several studies have shown that the more manly a man is, the more attracted he'd be to women who exhibit feminine traits \*girlie, cute traits\*.

On the other hand, a small percentage of men who produce a lesser-than-normal amount of testosterone may find themselves getting more attracted to women who are less feminine and more controlling and dominant in the relationship.

So if you're trying to catch the attention of a typical guy \*a large percentage of men have normal or high production of testosterone even though the overall average testosterone levels have dropped significantly in American men over the last 50 years\*, chances are, he'd love you if your behavior is more feminine, cute and girly!

### **The perfect woman for a real man – She's cute and sexy**

A regular man who isn't suffering from low testosterone would always find a feminine woman more attractive than a woman who thinks femininity is overrated and displays traits that are traditionally considered manly.

While a girl's physical appearance is the biggest sign of femininity, at times, it helps if you can display more femininity in your behavior. No, I'm not saying pink frills and scented paper. But there are always other ways to appear cuter and get a guy to take a second and third look at you.

### **Why do guys like cute girls?**

Men have always been the more aggressive sex in the human species. They're usually the ones who spread their legs wider, stand tall and swell their chest up while trying to appear threatening all the time, more so when they're in an argument or when they meet someone they see as a threat in any manner.

But cute changes everything. When a girl behaves in a cute and feminine manner, it brings out the protective instincts of a man. Instead of feeling threatened by a feminine girl, he feels protective about her. That makes him feel more

masculine, and that's something every guy loves to feel!

When a girl reveals her vulnerable side to a guy, it's very hard for any guy to ignore her or avoid noticing her vulnerability. And the instant his mind connects with her vulnerability, it eliminates any thoughts of a threat and his protective side creates a bond of protection and attachment with her.

He feels the need to be around her, and his subconscious mind tries very hard to make her feel protected, comfortable and loved around him. He loses his aggressive stance, the tone of his voice softens down, and his shoulders droop down towards her instead of spreading wide. And before he even gives attraction a second thought, he'd realize that he likes the girl already!

### **Traits of a cute and feminine girl that draw real man**

Many girls are against the idea of being feminine or behaving in a cute manner. To a typical feminist, behaving in a demure or coy manner is a sign of weakness. And they can't accept that a guy finds a cute \*and dare, we say it... submissive\* girl more attractive than a girl who likes to be a non-girlie girl.

If you're feminine, you don't really have to be cute. But if you can pull off a perfectly cute personality, it would only add to your allure and make you more desirable among men.

To understand cute behavior better, all you need is to interact with a couple of Japanese or Thai girls whose behavior isn't influenced by us Americans. They're not meek or silly, nor do they have to behave like stupid bimbos to win a guy's affection. All they have to do is flaunt what sets them apart, and that's their femininity and grace.

And no testosterone laden guy can resist the allure of a sweet Asian girl when he's having a conversation with her. Everything about them makes them appear more beautiful and feminine, right from their cute heart signs with inverted hands, the way they nod their heads, the way they behave while having a conversation with you to the way they smile coyly and yet so warmly.

Femininity comes naturally to some girls \*not just Asian girls\*, but it's an art that's worth learning. If you want to know how to attract men, all you need to do is exude your feminine side while talking to them. And once you try that,

you'll know what I'm talking about.

And remember, a cute girl who displays her feminine side will always have an edge over all other girls when she's trying to catch the attention of a real man!

### **How to bring out your feminine side naturally**

Femininity comes naturally. But cuteness can be created by the way you behave.

Additionally, if you're on a date with a guy and want to come across as a girl who's in touch with her femininity, here are a couple of tips for you.

**#1** Dress in softer pastel colors like peach or mauve. The color will give your skin tone a healthy glow that makes you look warm and likeable instantly.

**#2** Smile more often. A smile can make you appear more pleasant and friendly.

**#3** Run your fingers through your hair delicately. Always works for any guy!

**#4** Tip your head slightly downwards when you're blushing or smiling, and look at him from under your eyebrow.

These four tips may sound bizarre for a feminist or a cute-bashing girl, but trust me, it will do wonders for your date!

### **A tip to remember – Don't be yourself if you can be better**

Contrary to popular belief, don't be yourself. Evolve.

When someone tells you that the best way to attract someone is by being yourself, well, they're not entirely right. All of us change all the time. And not every change that we see in ourselves may be in the right direction.

Who are you? How would you define yourself? We are who we are because of our socioeconomic status, the people around us, and other influences we've had in our lifetime. A lucky few may have had the opportunity to be influenced by the perfect examples, while most of us have to change to become better individuals. Or worse, we never get to become better individuals or achieve the full potential that's within us because we're convinced we're all perfect already.

You don't have to change yourself just to attract men, but change yourself to become a better you. Have you ever walked into a room full of attractive women, and found yourself thinking that a few of those girls were better than you in some way? When you meet a woman and find yourself in awe of her for any reason at all, it only means you admire and want some particular trait of hers that you lack yourself.

If you like a trait about a friend, be it her spontaneity, her courage, her carefree attitude, her posture, or the way she dresses up, your mind may subconsciously like that trait because you want to see that trait in yourself. A change of this kind is good, where you see something you like and want to see that in yourself.

A girl who is the epitome of perfection in every way \*if she does exist\* won't be awed by anyone else. On the other hand, everywhere she goes, she'd be the girl that would receive compliments, stares and awed jaws!

So change often, become the dream girl you fantasize about in your head, and be the girl you really want to be. And life will turn out to be so much better for you, be it about men, work, friends or anything else.

It's easy to push a thought away and assume it's wrong to be feminine or assume it's a bad thing to change. But trust me, change is good. And change is inevitable. So you're going to change whether you like it or not. And you have a choice to become a better you, or a worse you.

### **The last word about the science of attraction between the sexes**

We're all animals, and you shouldn't forget that. We may be wearing pants or walking on two feet, but that doesn't change our primal instincts. We still chase each other and woo each other just like the animals in the wild.

The male and female sexes still play games to win each other's affection. Human males still like to woo a female through their display of brute strength, dexterity or their sheer awesomeness. And a man laden with male hormones wants a woman who's graceful and feminine, because subconsciously, it makes him feel more like a man.

You don't have to pretend to be dumb or weak, nor do you have to behave like the

weaker sex just to attract a man. All you need to do is revel in your femininity and display your cuteness, and give the man you like a chance to bask in his manliness and show off his protectiveness!

**Understanding how to attract men is really simple. Enjoy your femininity and let the world see it. The men will come, yes, they'll come in droves!**

*Lovepanky*

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## **To love or not to love**

We all need or long to be Loved, don't we? Well for most of us anyways... However if our heart has been broken then we may say 'never again'! And we put this not looking 'Not looking for love shield up' to protect us...'To protect our Heart'

It can be quite a strong unpleasant emotion, while this shield is up. We can become numb, we can pretend we are tough, uninterested, easy going, not bothered and there's a possibility that to an outsider's view 'Unattractive. But you know what? Just when you think you're not looking for love, maybe, just maybe, someone else is and maybe they are looking at you.

And then when they make contact and express their interest in you, You remember how nice it felt to be looked at from across the room, smiled at, flirted with, kissed, before you know it, you ask... How did this happen? I didn't expect this?

You feel this can't be happening, because you stopped believing in love, because your heart was broken... your waiting for it to all go wrong, to end as soon as it started, your waiting to be forgotten about, you might even make excuses to end it yourself, because you still have that protective shield, that hurt, that question of trust, respect and doubt your heart or the feeling that are creeping in

totally unknown to you.

But what if the other person believes that, to finish with each other, would be a silly thing to do, that what you have together is good, because they don't see that protective shield nor have they a protective shield, because they are looking into your eyes, your soul, your emotion, your hearts are in sync with each other, it will skip a beat just to catch up.

**They like this emotion, this intensity and to be honest so are you.**

But here's the scary bit, what do you do when you both realize you both care very much for each other, you enjoy being with each other, you have become friends that support each other and long to hold each other... 'You may even be falling in Love'. You didn't think that was possible but right under your nose, it's happened and it feels wonderful.

Well here's my advice, from my past broken heart, from behind my protective shield! Relax, lower that shield, enjoy the moment, enjoy the time, the attention, the affection, enjoy that sweet happy emotion, enjoy love!

Because time is precious, time is short, time passes us by. It's better to take the risk of that emotion, those feelings of love, because love can be hard to find, consume it!

You will have learned some important things from your past, so use them, but only some of them, because it's better to have gained than to have lost or to never know.

*Claire*



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**Moving home – the next chapter**





So it's "Done and Dusted", that's what us Irish say when a Job is complete.

It's been a crazy, emotional, energetic, exhausting and a tearful past year, yes I am a single parent, also a parent who came out of a long relationship with someone I invested time, money, dreams, tears and my heart with.

Seven years ago we built a beautiful home that I personally created on paper and had it built to a very high standard by investing every cent we owned. We dreamed of growing old with our family there.

But that was not meant to be, as we separated two years ago, leaving me and my little Dude in our home that now felt so empty with my dreams and hopes torn apart and a loneliness you couldn't imagine.

After coming to terms, gaining strength and being positive about the challenge on becoming a single parent, I picked myself up, used my talent of Photography and photographed my home, put it on the buyers market and thankfully got a buyer within the first month.

Relief, sadness, closure and panic all came to mind. How can I empty all of its contents in just four weeks as a single parent??

Thankfully, I had a very supportive and kind friend, who helped all the way and with the help of another friend, we did it, we cleared the house of all its contents, all the memories, all the familiar spaces. It was extreme, it was emotional, but we did it!!

I said my goodbye at 3am that morning that the new owners were to move in, as I drove away in the darkness of the night, looking back at what for only a couple of more hours had been my family home.

Closing that chapter of my life, ready to write a new one, all I can suggest is 'Never give up, Stay positive, Be strong' for the little ones because we create their story, their securities and their home.

*Claire*

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## **Avoid Romance Scams in the Cyber Love Age**



Valentine's Day has only just gone. The one day of the year when schmaltzy dedications of love are not only not frowned upon but actively encouraged. Not everyone is lucky in love

though and, in the eternal quest to find Mr or Miss Right hides a sinister online world where the vulnerable and lovelorn can get very easily burned.

There was a time, long in the past, where the local singletons would go down to the disco or local dance in order to find that special someone; those days are definitely gone. The most popular way these days to find love is online, which has seen a surge with applications such as Tinder and Plenty of Fish, now offering instant, on-the-move match-making. Online provides a way for those unable to cultivate a social life, for work or personal reasons, to find instant gratification, although it does have its pitfalls.

The main problem with online is simple; you just never know to whom you're talking. Of course, the picture may say that you're talking to a Kelly Brook lookalike or someone who makes Jamie Dornan look like a minger, but if you've not actually seen the person in the flesh it's difficult to tell. Here's a quick guide on the how dating scammers work and how to stay safe.

1. Dating scammers are devious. Their usual modus operandi starts off with the profile. The pictures are more often than not plucked off some website which features the most beautiful people. Sometimes they'll even take pictures of actual celebrities and pass it off as themselves, relying on their intended target to not be media savvy and recognise their picture as a complete fake (this might sound stupid but there are people out there just that naïve unfortunately). A great site is [tineye.com](http://tineye.com) where, if you save the persons picture, you can then upload it to see if it's anywhere else online.
2. They'll tailor their 'interests' to suit the target. These people know that they want to target the bored,

lonely and easily fooled who may not get out much, so they'll use interests which could be considered the type of things that lonely single people may do i.e. watch TV, read. In other words, interests for one.

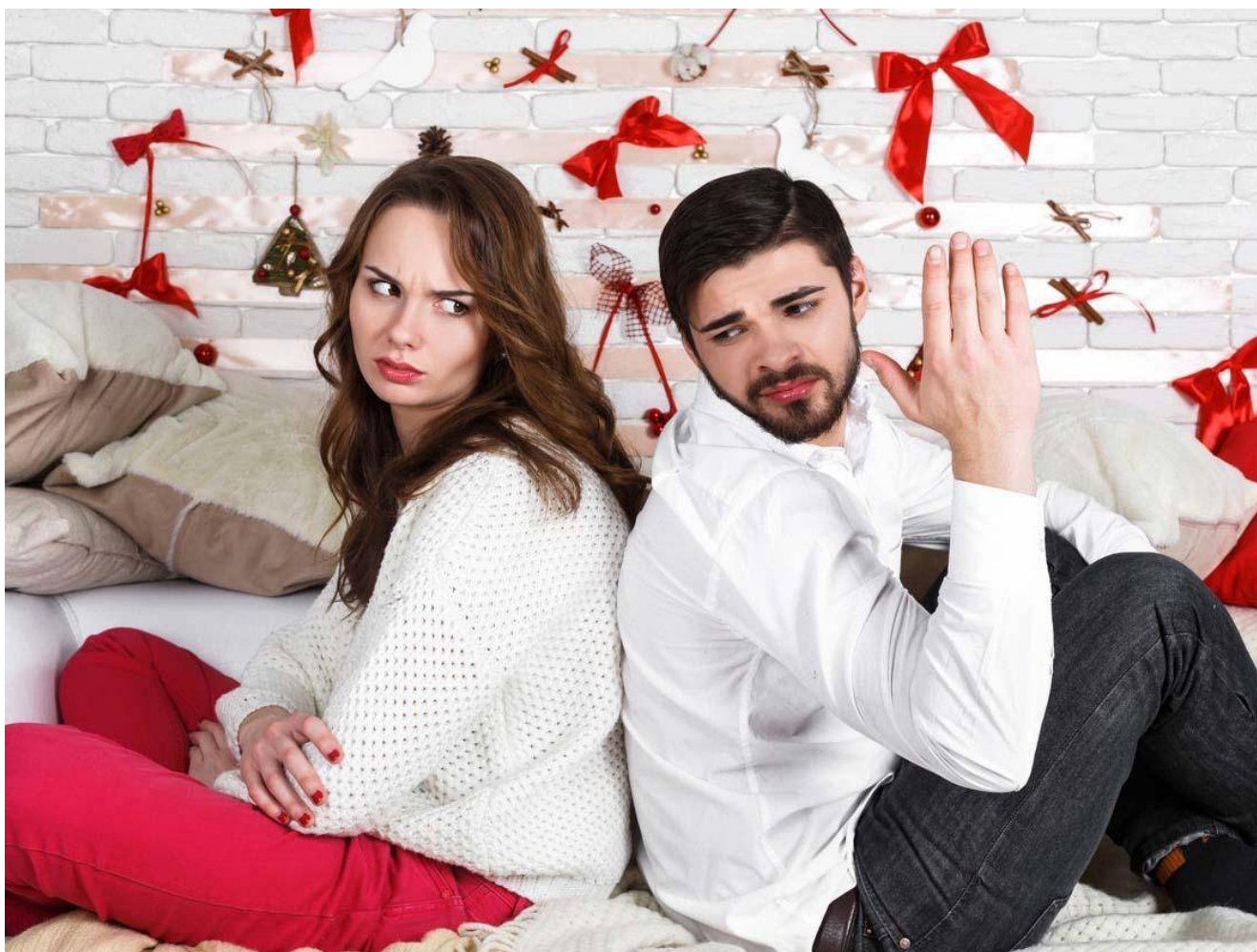
3. They'll start showering you with charming words and compliments, sometimes within days of their first message, using 'baby' and 'darling' and wanting to stray away from the dating site and talk in a more 'personal' setting i.e. Whatsapp or giving you a phone number to call, and even laughing at your jokes (when in fact they're really laughing at you). A simple trick is finding out early if you're being conned is, if they claim to be from an English-speaking country yet use strangely-broken English in their typed conversations, then it's safe to assume you're being had. If you suspect this, ask for a voicemail and if they refuse – delete their profile and number.
  
4. After a while of talking, it's time for them to drop the boom. You'll get frantic email/text/call claiming that your beloved is in financial trouble, getting hassled by an ex or family member, or is having a legal issue and needs money to help them out. They may even ask for you to give your bank details. Needless to say, get rid of the rose-tinted glasses and get rid of the number. They may become more insistent should you initially refuse, using phrases like 'I thought you loved me' or 'I thought we were friends' to elicit a guilt. Don't give into it!

It goes without saying that some online romances are actually genuine, I know of one couple who met online and are happily married these past five years, but being aware of the pitfalls never does any harm because not everyone is just that nice.

so, if you're a sexy singleton this Valentine's Day don't be put off going out; put down the tub of Haagen -Dazs, turn off Bridget Jones' Diary or the football. Get on the glad-rags to find the love of your life – preferably

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## **What if he is asking for a break ? 5 reason why he would do that**



There are few sentences that doom a relationship as much as “let’s take a break.” It’s almost like saying, “We’re on the way out, but neither of us wants to let go, so let’s just do this painfully and slowly.” It’s like clinging to flotsam after a shipwreck in the middle of the ocean, knowing you’ll likely drown but being unable to give up. Except, in the case of the relationship, instead of sinking slowly into a watery grave, you just get sad for a while and then date someone else.

So people know that, even if the idea of the “break” has the best intentions, the odds that it won’t just turn into a full-on break up are certainly stacked against you. Here are the reasons he’s probably asking for one, in order of likelihood:

**1. This is his way of breaking up without being too harsh.**

This is almost always why a “break” is proposed. He’s probably a good guy, but he’s also too cowardly to tell you he doesn’t want to see you anymore. Typically, the relationship was amazing at one point, and you were deeply in love, maybe even unhealthily codependent. He wants to get out but feels awful being the one to end things, even if it’s the right thing to do in the long-term. If you suspect that’s what’s going on, ask him to be real with you. It’ll be way less awful than dragging through months of long talks and confusion when he’s already made up his mind.

**2. He wants to have sex with someone else.**

If you’re on a break, and he has sex with someone else, he technically didn’t cheat and then you can still get back together. This is a pretty garbage reason to ask for a break. Granted, this is 2016 and some people can successfully navigate an open relationship, and if you want to bang other

people too, then maybe you'll be down for this. "I have so many people I wanted to bang," you'll say. "Look at this bang list. I need to get started." And then the two of you high-five and everything works out, and I guess you're both soul mates because you both have a "bang list" apparently and aren't deterred by your partner possessing a similar bang list.

But, if open relationships aren't your thing, then this is his way of sneaking in a free pass. If there's some woman he's been hanging out with and he suddenly asks for a break out of the blue, you can tell him, "The only break you're getting is a *break up*. With me. I'm breaking up with you." Maybe don't say that, but just break up with him.

### **3. He really actually needs to reevaluate your relationship.**

It's not necessarily a great sign, but he might really want to take a constructive look at your relationship and take some distance for a few weeks. The relationship might've once been great but now feels stagnant. He might feel like he's at a crossroads where he needs to figure out if he wants to spend the rest of his life with you or not. His intentions are good, but if he has to do this in the first place (or more specifically, if he feels he has to do this), then it's time for you both to really look at your relationship and at what needs changing. Are those things worth changing, or things worth breaking up over? Can you come back from a "break?" Sure. But you both have to really want to work at it if you don't want it to be your death sentence. It's way too easy to think, *Single life isn't so bad and I'm comfortable here, now.*

### **4. He needs a few weeks of peace and quiet.**

Maybe he's not the best with words and "break" isn't the most



accurate term. He could have some major finals or a huge crunch at work, and doesn't want any distractions. He could really just be looking for some space. If he's stressed and he's the kind of person that needs to focus on one thing at a time, you'll both feel better in the long run if you give him that space. He probably knows he's going to snap at you for little things, or act distant, and he doesn't want to feel guilty into spending time with you when he knows he should be devoting it somewhere else. In all fairness, he probably should have said "me time" instead, but hey, this isn't the worst possible outcome on this list.

#### **5. This is some kind of "relationship test."**

He wants to see if you'll say yes to the break because that would somehow mean you're not committed to the relationship. Some people are just so insecure that they feel compelled to play mind games. Maybe he's afraid of losing you. Maybe he thinks, *She's going to break up with me, so I should break up with her first.* Maybe he's a sociopath. Maybe he read it on some website on the internet (who would do that?). I don't know, some people are crazy and play weird mind games. Don't bother with anyone who does this.

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## **Learn how to let go...**



**“To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own.” –Jack Kornfield**

Holding on to pain doesn't fix anything. Replaying the past over and over again doesn't change it, and wishing things were different doesn't make it so. In some cases, especially when it comes to the past, all you can do is accept whatever it is you're holding on to and then let it go. That's how everything changes. You have to let go of what is hurting you, even if it feels almost impossible. Deciding to hold on to the past will hold you back from creating a strong sense of self – a self that isn't defined by your past, but rather by who you want to be. Oddly enough, painful feelings can be comfortable, especially if they're all you know. Some people have trouble letting go of their pain or other unpleasant emotions about their past, because they think those feelings are part of their identity. In some ways, they may not know who they are without their pain. This makes it impossible for them to let go.

If you find it hard to let go of the past, a bad relationship, grudges, etc., these 12 tips could help:

**1. Understand that the relationships you thought you'd have are going to be different than the ones you actually have.**

We must accept the person we are in this moment, and the way

other people are, too. As time goes on, we continue to learn that things don't always go as planned – actually, they pretty much never do. And that's okay: If you become aware of yourself and your part of your relationships, they will improve; however, you may also have to accept facts about certain people in your life. Practice gratitude, appreciation, and trust in the process.

**2. Don't be invested in the outcome when it comes to dealing with people, because it often leads to disappointment.**

Expectations have a way of keeping us stuck, because they lead us to fear certain outcomes. There are no guarantees in life, and there's nothing we can really do to get the outcomes we desire when dealing with others. When our expectations or needs aren't met, we need to respond rationally and appropriately. Sometimes this means setting respectful boundaries; other times, it means letting go.

**3. Don't live in chains when you have the key. We live with self-limiting beliefs that we let define who we are.**

We think, "I could never do that!" or "I could never make that happen!" If you truly believe that, you'll never accomplish your goals. Open up your mind, and believe in yourself. There will be many people who tell you that you can't do it. It's up to you to prove them wrong.

**4. Let go of the idea that you can control others' actions. We really only have control over ourselves and how we act.**

You can't change another person, so don't waste your time and energy trying. I think this is the biggest factor that pushes people to hold onto unhelpful behaviors, like the need to please. We think, "If only I do everything for everyone, they'll never get mad at me." Wrong!

**5. Only worry about what you think of yourself.**

Free yourself from being controlled by what other people think. Start to prioritize how you feel about yourself. As Mahatma Gandhi said, "Happiness is when what you think, what you say, and what you do are in harmony." You can't live by your values if you're living for the approval of others.

## **6. Leave room for mistakes.**

Did you make a mistake or say something stupid? It's okay! Use the experience to learn and make a joke. It doesn't make you stupid to say something wrong or silly: it makes you human, and sometimes even funny.

## **7. Accept the things you cannot change.**

Stop wishing things could be the way they once were. Bring yourself into the present moment. This is where life happens. You can't change the past; you can only make decisions today to help how your future turns out.

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## **8. Don't take yourself too seriously.**

This will allow you to relax and enjoy life's journey. I laugh with myself and at myself all the time.

## **9. Do what scares you.**

Fear holds us back from doing a lot of things, because it closes our minds to possibilities for our future and locks us into our comfort zone. Most fears fill us with doubt and "what ifs" that imprison us. The more you do to get out of your comfort zone, the more fear will subside. In life, do what scares you, and you'll grow and succeed!

## **10. Express what works for you.**

Find your voice, and share with others what you're thinking and feeling in a rational way. If you continue to communicate with others what works for you and doesn't work for you,

you'll no longer bottle up your emotions. Expressing yourself is an important part of feeling good about yourself and your relationships.

### **11. Allow yourself to feel negative emotions.**

Whether you lost a loved one through death or a break-up, honor your loss. Trying to ignore your negative emotions will extend your suffering. Loss is difficult to experience, and it's okay to allow yourself to hurt and be sad. Let yourself feel, and go through the grief process so that you can move forward.

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### **12. Learn forgiveness.**

Resentment and unwillingness to forgive will keep you locked in the past and prevent you from moving forward with your life. Remember: When you forgive, you aren't doing it for the other person; you're doing it for yourself. If for no other reason than that, forgive and let go.

*Carl Jung said, "I am not what happened to me, I am what I choose to become." There's a lesson in that for all of us: Try to let go of whatever it is that's holding you back from experiencing yourself. You'll probably realize that you are not what other people say you are. You are not your pain, your past, or your emotions. It's the negative ideas about ourselves and our hurtful self-talk that get in the way of who we really want to be. Being able to let go requires a strong sense of self, which gives you the ability to learn and grow from your experiences."*

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# What do men really find attractive in women? – Tim and his honest answer to this question

Here we go, another article with a male writer talking about how inner beauty is more important than outer beauty. “Men want a good personality over a good pair of lady lumps!”

**Sorry to disappoint you ladies, but not today. I only do honesty.**

You want to attract a man, you have to be attractive! It's simple logic. By definition, attraction in it's simplest form is a first impression; instinctual and purely a physical judgment. If you're shopping for bananas, do you take the ripe banana or the brown bruised banana?... Now before you react, I'm not calling, or insinuating, that anyone is a undesirable bruised banana simply based on how someone looks. Everyone has something to offer and that is what makes us 'DESIRABLE'... but let's not joke each other and pretend the world is perfect. Popular culture will have you believe that 'attraction' and 'desire' are the same thing... but they are not even close... If you are standing next to a Victoria's secret model, then congratulations, you are now invisible. You're now a superhero, go you!

I know it's hard, and yes, you can't change your genetics. You can't change the past and you can't change plain-old bad luck. Attraction for men, biologically, is based on your physical appearance, and although that may vary for personal preference, the general consensus of beauty is fairly

universal. You either have it, or you don't. If you aren't sure if you're pretty or not, then you already know the answer. This is harsh but this is the truth.

HOWEVER... all hope is not lost! Do not despair or give up! This is why you 'Ask Tim' and this is why I get paid the big bucks. Physical appearance means NOTHING when it comes to REAL, NORMAL, EVERYDAY people! Life is nothing like the movies or Television! Popular culture needs you to believe that *celebrities, actors, musicians* and the like, are better version of real people. That they are more beautiful or more importantly, living an 'easier' life. If you compare yourself to others, and doubt your desirability, then you have already lost the competitive edge; and therefore by simple logic, are less attractive than your 'competitor'. The dating game is nothing more than a animalistic primal dance of bright colors and loud screams. Attraction will get you noticed first, but just because the early bird gets the worm, doesn't mean that every other bird is starving!

So... the top three things that a man will find most desirable. Starting with the most important!

### **1. Can you have a conversation?!**

Approaching a girl is hard. It takes a lot of confidence, practice and sheer optimism. If a guy approaches you, *that you like*, then make an effort to have a conversation! Even if the guy is a dud, it's still good to practice until you find the right guy. There is nothing worse than when I've approached someone, and after asking,

Tim: Hey, how's your night going?

Girl: Oh Hey, yeah, good thanks, you?

Tim: I'm great, had a few beers and feel relaxed after a long day. Do you come here often?

Girl: Yeah... a bit... you?

Tim: Yeah I do actually. Really like the music and vibe. Good

ambiance. Are you here with friends; having a big night?

Girl: Yeah, a few, what about you?

Tim: Just a few guys from work. Not sure where the night will take me yet. Keeping my options open.

Girl: Oh nice. Nice. Yeah. um. \*Sips drink\*

Tim: Cool... Cool... \*long awkward silence\* Talk later then...

No matter what you look like, that example right there will kill any guys mojo. It's done. It's over. He's not coming back. Pack your backs and call an Uber... Of course you may be nervous too and even too shy to ask him meaningful questions but just the act of trying will make you ten times more desirable. Even if you feel like you are making a fool of yourself, it's better than not offering anything to the conversation.

***A boy will like you for how you look; a man will love you for how you make him feel.***

## **2. Common interests and related humour**

Let's try again.

Tim: Hey, How's it going, I'm Tim.

Girl: \*Notices funny Game of thrones T-Shirt\* Ahh excuse me, I'm Daenerys, Mother of Dragons, please address me by my formal title. \*with playful smile\*

Tim: My apologies Queen, let me buy you another mug of ale.

**\*\*Fast forward\*\***

Girl: Do you have protection?

It's important to understand that men are just as vulnerable to social expectations and they too suffer from the feeling of inadequacy. If you have realistic expectations about the man you want to meet, then that man is just as nervous about being perceived as 'attractive' as you are. He hasn't nor will rarely approach the most attractive girl at the bar. Every guy knows that that is a suicide mission because she will reject you... and reject you hard... He is approaching you, because A) you seem approachable, meaning yes, in truth, in what he



believes is his 'social range' but more importantly B) the most attractive girl within his range... Simply by approaching you, he has acknowledged that he finds you ATTRACTIVE! You didn't have to do anything!!!

### **3. Know what you want before the night even begins!**

The majority of men hate wasting time. When I ask, what do you want for dinner and you reply... "ahhh, I don't know, what do you want?", I am dying inside from frustration. Men are simple creatures with unnecessarily complex brains. We are capable of great things, but most of the time, just want to eat, (work), play and sleep. For that, you need to know what you want before you go out. If you are just looking for a no-strings hook up, then act like you want a no strings hook up. If you are looking to find a future, meaningful relationship, then act like you are looking for a meaningful relationship. Social expectation dictates that a man approaches, or makes the first move, but there is nothing sexier than a woman who knows what she wants. That doesn't mean you tell a guy what to do and when to do it. It means you act with conviction and congruence in your words and actions. If you want a real connection, ask questions that are both socially appropriate and meaningful.

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Tim: Yeah I do actually. Really like the music and vibe. Good ambiance. Are you here with friends; having a big night?

Girl: Me too, I really like Jazz. Especially the saxophone. Something about the sound is just so smooth and calming. Oh and my friend is just at the bar.

Tim: Haha, there is my friend, at the bar also. I know what you mean. It has such a soulful rhythm. Easy to move to. Do you play any instruments yourself?

Girl: Haha I tried the piano but I'm not very good.

**\*\*fast forward\*\***

Tim: Maybe I can get your number, and we could check out a Jazz Gig sometime?

*The last words...*

Attraction is important, that's undeniable, but it will only get you so far. If the only reason you are with someone is 'attraction', then that relationship will never last. Be desirable because you show genuine interest in the other person. Make them feel wanted and the rest will fall into place.



**Have any questions or want more details? Looking to skip the nonsense and get straight to the action, I can help too. Find me at [www.facebook.com/timreplies/](http://www.facebook.com/timreplies/)**