

“Can Men Share Deeply?”

By Dr. Cindy Brown, “The Relationship Strategist”

In order for men to have a deep personal conversation, they have to feel safe emotionally and have evidence (have experienced) that this relationship is a safe place to share. Meaning he has been listened to without criticism or judgment, or you telling him what he should do or shouldn't have done (like a mother).

I have found in my research of men and in my own relationship with Andrew that men need more time than we females do to answer questions of a personal nature and to continue to go deeper with personal sharing. Men for centuries have been taught to conceal and repress their feelings and have been taught sharing or showing emotions is a weakness. If we give them time they beautifully will open up and you will witness something amazing, that yummy stuff we women crave. Try it, you'll like it!

TIP #1- If asking a man a personal question, pause at least 30 seconds to a minute for him to answer, do not repeat the question, or interrupt his process here, just be silent. Silence works really well in helping men feel there is a safe space for them to share. Many times we talk too much, so men stop sharing.

TIP #2- When listening to a man sharing, listen from a place of wonder and amazement and curiosity, not from your default way of “what does this have to do with me,” or “what does he need from me to support him,” just listen and be silent until he tells you he is done.

Email me and tell me what you find by using these tips!

Remember: In order to be the person you have never been, In order to have the life and relationships you have never had, You must do what you have never done before: Give me a call or [contact me](#) so I can support you in having the best life you've ever had!

© 2008 Dr. Cindy Brown

WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this complete blurb with it: Behavior and Relationship Specialist Dr. Cindy Brown, author of *The Cinderella System™ 7 Steps to Attracting the Man & Relationship of Your Dreams*, publishes a information-packed monthly online newsletter with 100's of subscribers. If you're ready to jump-start your life and relationships professionally or personally, **get your FREE Relationship Success Kit™ at: www.TheCinderellaSystem.com and your FREE Special Report & Audio Class now at www.SuccessfulRelationshipsNow.com**