



WHY HE WON'T COMMIT

DECODING MEN



W O R K B O O K

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ABOUT RENEE SLANSKY

Renee Slansky is an Australian TV presenter, writer and motivational speaker, and whose love for romance and heart for women has compelled her to start The Dating Directory. From a young age she started leading and counselling women and was often called on by strangers and friends for relationship advice. She now writes for some of the largest online dating sites and magazines in the world including The Huffington Post, The Good Men Project, Your Tango, Plenty Of Fish, eHarmony and more. She can be heard on the radio or seen on TV regularly, sharing her tips and teachings. Her writings offer a witty and relative outlook with practical advice on life and romance in the 21st century.

“I was born a romantic, always envisioning my perfect Mr Darcy riding in on a white horse with his top 3 buttons undone revealing a bronzed chest. Oh, I had it all planned out, and of course when you do that, nothing actually ever goes to plan and all of a sudden you’re flat on your bum in your skinny jeans that cut off the circulation, thinking what the hell went wrong?!”

I’ve visited “Square 1” enough times to consider building a home on it, I’ve climbed ex-boyfriends fences and cried on bathroom floors at popular night clubs (for embarrassment purposes we shall bleep the names!) I’ve been loved, hated, revered and ostracized. I’ve been at the top of Success Mountain and tumbled down to the bottom again and again. I’ve dated men with children, men who carry baggage, and men who...well...- just aren’t man enough.”

Renee Slansky, Author – The Dating Directory

INTRODUCTION

Hi I'm Renee Slansky, your dating and relationship coach. I have put this programme together to specifically help women like yourself to really understand the golden question. Why do men struggle to commit?! My goal is to make dating less complicated and finding love easier. Because whilst it won't always be that simple or easy, it should never be that hard or confusing.

Today is a good day to start to learn new things and arm yourself with the right tools. So, let's jump straight into it, and revolutionise your love life and the way you interact and attract men.

Whilst we shouldn't be basing our worth from men or their level of commitment, it really does add to our emotional state. It's funny (or rather not so funny) how often we hear about women trying to get a man to settle down and commit to her. Yet, we rarely hear about it being the other way around. The very fact that single men are labelled bachelors and single women are called spinsters speaks volumes.

Why did we get the short straw? Seems a little unfair, and yet it also says a lot about the roles that men and women are supposed to identify with, and are actually playing out.

SHORT TERM NEGATIVE:

When we struggle to understand men and their ways, we block ourselves from knowing how to respond to them. We start to do the exact thing we shouldn't and lose perspective, simply because we want to try and convince or change them.

Perhaps you can relate? Maybe you started dating a man who showed red flags or didn't want to commit, yet you still did everything you could to either a) convince yourself that you didn't care or b) try to change his mind and get him to do what you had always wanted him to do.

It's this toxic cycle that we can get caught up in, where we think that we should try and force a man to do what we want and justifying his or our behaviour along the way.

LONG TERM NEGATIVE:

If you're hitting roadblocks in the beginning then it is going to be harder to be able to navigate your way long-term. You'll keep running into the same issues and getting to the same point with men. Sure, you will be able to attract guys and go on dates, but if you cannot identify the difference between a man who wants to commit and the one who doesn't, then you will be continually set up for disappointment.

SHORT TERM POSITIVE:

The good news is though that once you work out the type of man you are dating and his agenda, you will be able to discern whether or not he wants to commit. Or better yet you will be able to recognise the warning signs early on, know what to do and how to react, and possibly be the one that gets him to change his mind and pursue you.

LONG TERM POSITIVE:

This isn't about playing games. This is about knowing how we differ from men and how to complement each other rather than fight against one another. We aren't called to change people, we are called to love them. When we can better understand why they do certain things then we won't be as offended or shocked when it happens and we will know exactly what to do instead of trying to fumble our way around blindly. And that is the goal for this short course, I want you to know more about the way men work so that you can make clear decisions and date with confidence.



LESSON 2

UNDERSTANDING WHY MEN STRUGGLE WITH COMMITMENT

UNDERSTANDING WHY MEN STRUGGLE WITH COMMITMENT

So why do men struggle to commit? Why do they pull back as soon as we give them more? Why does he always want more space? And why do they all have a man cave?

Firstly, we have to understand the way that a male mind works different to females. If you have ever read John Grey's book "Men are From Mars, Women are From Venus," then you will have a little more insight into why men chase, hunt and love a challenge. And that a woman is someone who natures, gathers and gives.

So, without getting too scientific, let's keep this at a more practical and relevant level. Here are 6 main reasons that men struggle to commit:

6 REASONS MEN STRUGGLE TO COMMIT

THEY HAVE A FEAR OF MISSING OUT

FOMO, or fear of missing out; is a huge factor why many people are scared to commit, however, when it comes to relationships, it seems to be a little more common among men. They might find it hard to commit to one woman, not because someone greater might be out there, but because they are worried they will miss out on other things in life.

As women, we are experts at being able to see the bigger picture and multitask a few things at once. While some men struggle to see beyond the commitment of the relationship, and rather view it as a something that will hold them back.

Yes, commitment does represent a boundary, but it doesn't symbolise the end of dreams or fun. The best way to help your man overcome this fear, is to encourage him to pursue his dreams and to lead by example.

Make sure you have your own purpose outside of the relationship, but also show him that you are very much present in your partnership. Show him the balance that can be obtained to help put his mind at ease.

THEY HAVE A FEAR OF FAILURE

Men have an enormous amount of pressure to perform above and beyond as a man and provider. Most of the time, a guy will not be ready to commit until he knows that he is achieving what he has set out to do and is in a secure place emotionally and financially.

They want to have all their ducks lined up so to speak. They want to know that who they are is enough, that they can protect and provide, because failure is just not an option.

And if there is doubt in their mind that they could fail at their role as a man, they will not risk it by committing, even if they love the woman they are with.

THEY HAVEN'T DEALT WITH THEIR ISSUES

Like anyone, if you have underling issues, then chances are your relationships will suffer. Whether it's something that he experienced as a child or an adult, the past is a very powerful thing.

Perhaps he didn't have parents to model a healthy relationship or has been constantly subjected to divorce. The best way to combat this is through patience and professional help.

It's easy to keep wanting to adapt to him and overcompensate for his baggage, but the more you do that, the more you disable him from being able to overcome his problems and step up into who he can be.

THEY AREN'T READY TO SETTLE DOWN

Some men just take longer than others. This isn't something you can change. But it is something you can avoid.

Make sure you address what your expectations are at the beginning of the relationship so that you aren't disappointed later on. Try to date men that want the same things as you and are open and clear about their intentions.

Unfortunately, no matter how good of a woman you are, if he's just not ready, then it's time to let him go and move on. Don't delay your happiness waiting for him to have an epiphany.

Better to move on and focus your time and attention on a man that wants the same things as you do.

THEY DON'T KNOW WHAT THEY WANT

Some guys are just plain lost. They don't have any direction and can't see what's of value in front of them. The problem is, some women think they can save them and should try and guide them. It's the whole "rescue him" saga.

You should try, but only up to a certain point. The best way to encourage someone to have more direction is to lead by example.

Set boundaries, live each day with intent, and show them that you are taking control of your life by your daily choices. Men need a sense of purpose before they feel they can commit to a woman, no matter how wonderful she is. Because having purpose is very much tied up with his identity as a man. He needs to know what he is set on this earth to do first before he is able to fulfil the other role of being a partner or husband.

And to be honest ladies you need a man to have a purpose in a relationship. When both people have purpose and fulfilment outside of each other that is when you have a better chance of having a healthy and fulfilling relationship.

EVERYTHING IS TOO EASY FOR THEM

A guy needs a little bit of chase. When we make everything too easy for them, they tend to lose interest. It's not about playing games, but rather making sure you have certain standards in place that he needs to rise to meet.

Men like to hunt and to chase. They like a challenge. Why are men attracted to confident women? Because they know that woman will give them a challenge, that she knows her value and won't be afraid to say no. It represents strength to him and men love anything that gives them a chance to prove their own strength.

Don't be so available, don't give in so easily, make sure the relationship is 50/50 and have your own life, social circle and purpose outside of your relationship. The more you have a sense of who you are, the more you will be able to bring balance to a relationship.

THE EFFECTS:

If you can relate to one of the 6 reasons above, then chances are you have felt the feelings that come with them as a result. It's frustrating and painful to feel that the man you really like or are in love with just can't see the bigger picture and do what is needed to be done to move forward. But, we can't change them, we can only love them and more importantly love ourselves. If you are able to recognise the red flags of a man who struggles to commit then you are going to know what to do.

THE SOLUTION:

So, what should you do in these instances? Should you try and convince him, stick around in case he does commit or should you head for the hills? The answer depends on a few things. If a man has made it very clear in the beginning of a relationship that he doesn't want commitment, then I would be saying goodbye...because the more you stay the more attached you are going to get, and the more it will hurt.

If a guy says he wants space or pulls back from you then the best thing to do is give him that space. Show him in actions rather than words that you are secure within yourself and are not going to chase him. Ladies this is why you need your own purpose and life outside of a man. Let him come to you and pursue you again, because he needs to also understand that there are consequences to him asking for space.

It's always a good idea to really get to know someone's character and intentions before you yourself commit to them, and that is what the period of dating is for. Be upfront, say what you want and expect and if he openly says he struggles with commitment and doesn't want anything serious, then you need to ask yourself 'should you keep dating him?'. Does that not make you incompatible? Remember you are in control of who you choose to date.

EXERCISE

Answer the following questions:

Q: Which out of the 6 reasons why men struggle to commit can you relate to? And what is the best thing you can do in this situation?

Q: What is your purpose in life? What things do you have going on that bring you joy outside of a man or relationship? Write them down and set some new goals.

Q: When a man goes into his cave or says he wants space, what should you do and why?

Q: How can you avoid falling for a man that doesn't want to commit?

Q: How can you build your confidence as a woman?

Q: Why do men like a challenge?



LESSON 2

WHAT MAKES MEN RUN?

WHAT MAKES MEN RUN?

I used to be the queen of making men run. Sure, I could attract them, but the ones I actually liked always ended up heading for the hills. Apart from realising that clearly, I was the common denominator in my choices and that something had to change within myself, I also got to know more about men. I worked out that there are some key things that women can do that can make men run. Because we can't keep blaming them and saying all men are scared of commitment. We too need to take responsibility for our own actions and the role we play. So, I have narrowed it down to 8 things that we as women can do that send warning signals out to men:

8 THINGS THAT CAN MAKE MEN RUN

WE GIVE OUT THE WRONG SIGNALS

Sometimes we aren't conscious of what our words, actions and body language are doing and portraying. We expect men to know how we feel or what we are thinking, but they don't and they won't unless we tell and show them. If you are scared of being hurt, then chances are you might be overly guarded, and that can often be reflected back from the man you are seeing. The guy will often take his lead from the woman, and if you are being nonchalant or seemingly uncommitted yourself, then he will think that you don't want commitment either.

WE LOSE OURSELVES WHEN THEY DO START TO COMMIT TO US

A great guy will be drawn to us when they see us living in our purpose and having a strong sense of self identity and worth. He will love that! So, when we start to lose it and become his shadow because we have put him on a pedal stool, he will wonder where the woman went that he first fell in love with. He wants to commit to the woman he first fell for and know you aren't going to change into someone that doesn't have a life outside of him.

WE ALLOW OUR INSECURITIES TO SABOTAGE OUR CHANCES

This is easy to do when we find it hard to trust because we have been hurt in the past. Especially if the guy is awesome. Why? Because we think surely this is too good to be true?! And so, we start to find reasons to doubt them or we begin to test them instead of choosing to trust. He gets sick of trying to justify who he is and feels like you don't value or trust him and so he walks.

WE GIVE TOO MUCH TOO SOON

The old fall hard fall fast trick. When we give all of our pearls away too soon in a relationship we take away the mystery and challenge that men need and crave. Girls if you make it too easy for him, he will begin to doubt if you will be able to challenge him at all. And men need a challenge. This isn't about being a bitch or crazy girlfriend, this is about knowing your worth and making him work for it. Let him pursue you and earn your pearls, rather than just freely giving them away.

WE DON'T HOLD HIM ACCOUNTABLE FOR FEAR OF LOSING HIM

Sometimes if you give them an inch they will take a mile, because they are testing you. They want to know where they stand with you. So, call him on things. Love is also keeping each other accountable, it's drawing the line in the sand and letting him know when you aren't cool with something. By acting out of self-love for yourself, you are showing him you aren't going to take his crap, which he will respect you for.

WE DON'T ALLOW HIM TO FEEL LIKE A MAN OR "THE" MAN

If you want a guy to play a role in your life then you need to create that space for him. Allow him to take on that masculine role and be the man. This might mean stepping back or holding your tongue or giving him more praise. Like us women, he also wants to know that he has a place in our lives and that, that place gives him the freedom to be himself.

WE BECOME A DOORMAT

If you turn into a yes woman you will lose him quickly. Men love a challenge. He wants to know you will say no to him, that you won't always agree with him and will tell him when he is wrong.

WE NAG AND DOMINATE TOO MUCH

A sure-fire way to make a man run is by nagging him. He will feel too much pressure and start to look for the easy way out. If you start to belittle him, try to control or put him down then chances are he will head for the hills. No one likes to be nagged, so don't allow that to become a bad habit.

THE EFFECTS:

If we as women cannot take responsibility for the role we play in our own lives and relationship then we will suffer the consequences. We aren't created to be alone and finding a man to commit to us shouldn't be mission impossible. There are some great men out there who want to set up a life with us, but we first need to become the best versions of ourselves so that we give ourselves a chance to recognise and attract those men. Self-sabotaging your chances at love doesn't have to be something that continues to hinder you.

THE SOLUTION:

The best place to start is with yourself. What are you doing that is causing good men to run? Are there areas within yourself or your life that need attention and love so that you can change negative patterns? It's time to work out where you need room to improve and what you can do to become the best version of yourself.

EXERCISE

Answer the following questions:

Q: What areas do you most relate to and think you could improve?

Q: What signals are you sending out to men? Are you being too closed off or too available?

Q: What is your purpose in life? Are you actively pursuing it? Write a list of goals and things to achieve and do that aren't related to men or a relationship

Q: How can you keep your own identity even when you are in a relationship?

Q: : What can you do to stop allowing your issues to get in the way of your relationship (self-sabotage)?

Q: How can you keep some boundaries when dating so you don't give too much too soon?

Q: How can you work on keeping men accountable to their actions without fear of their reaction?

Q: Why is self-love such a strong foundation? What can you do daily to strengthen it?



LESSON 3

WHAT MAKES MEN STAY AND HOW TO KEEP HIM INTERESTED

WHAT MAKES MEN STAY AND HOW TO KEEP HIM INTERESTED

We now know why men run and what we can do to scare them off. So how then do we make them stay without forcing them or changing ourselves too much? It's all about finding the balance between staying authentic whilst still being flexible, aware and wanting to learn more about how men work.

THE EFFECTS:

When a man wants to commit to us, it brings us so many feelings of relief and a sense of security. It also makes us feel that we are loved and that who we are is enough. Even though we should know we are enough without a man, it still doesn't change the human desire to belong to one and to know we hold a place in his world. We want to know that who we are as an individual is able to hold his attention and that we don't have to fight for a spot in his life. We want to be a priority and we want to know that we can trust him with our heart. That he will stay for life and not just for a season. Love is always a risk, but if we can learn to calculate that risk and be able to control the outcome a little more than we lessen the danger of falling in love with someone emotionally unavailable.

THE SOLUTION:

So, let's get practical on how you can keep a man interested whilst still being true to you.

HERE ARE 7 WAYS TO MAKE THIS HAPPEN:

HAVE A PURPOSE

You need to have a purpose outside of a relationship and a man. Not only does it give you a chance to become more fulfilled, but it also makes you more attractive to a man. He'll see you as a confident woman with direction, who knows what she wants and where she is going. This means less stress for a guy, and yet still offers him the challenge he longs for.

KEEP SOME MYSTERY ABOUT YOU

If you give away everything too soon then he may get bored. Use time as a way to slowly reveal to him who you are. Keep him guessing and intrigued along the way. This isn't about playing games, but rather enticing him and making him work to get to know you because you are worth getting to know over time, not in an instant.

GIVE HIM SOME CHASE

Don't be so available all the time. Having your friends and life outside of him will help keep this balance. Let him chase you a little, men like to hunt! Never let him feel he has a 100% hold on you.

SEDUCE AND WOO HIM

Show him that you are interested and woo him with your amazing personality. Be the best version of yourself, be confident and show him that you are a woman who knows how to also be an incredible partner as well.

MOVE AT YOUR OWN PACE

Don't wait for him to give you're the answers, just keep moving forward and this will force him to either step up or step out! Show him you aren't afraid to be single or do life without him

COMMUNICATE HOW YOU FEEL

Tell him how you feel, that you like him and want more. But don't nag him, if he does not reciprocate then you need to see this as a red flag. Just don't leave him guessing all the time.

GIVE HIM PRAISE AND SPACE

Men love encouragement, when we allow him the same freedom to be himself, like we would expect from him for ourselves, he will feel secure and loved. Give him room to move and he will want to stay close to you.

EXERCISE

Answer the following questions:

Q: What are some ways that you can keep a man interested?

Q: How can you seduce or woo a man without being sexually involved?

Q: How can you give a guy some chase without playing games?

Q: How can you communicate to a man how you feel without fear of his reaction?

Q: : What are you doing every day to ensure you have happiness outside of a man or relationship?

Task: Set a goal to romance and date yourself once a week.

LESSON 4

KNOWING THE SIGNS AND IDENTIFYING THE KEEPER



KNOWING THE SIGNS AND IDENTIFYING THE KEEPER

Ok ladies, in this last part of the course it's time to get really black and white about what the red and white flags look like personified. How can we save ourselves some drama and be able to spot the emotionally unavailable men over the ones who actually want to build something with us? It all comes down to being able to recognise what those signs look like. So here they are:

RED FLAGS: (HE'S IN IT FOR A SHORT TIME NOT A LONG TIME.

HE WILL MAKE SEXUAL JOKES OR INNUENDO

I once read in a book that men reveal their true thoughts and character through their jokes. Which I must agree with to a degree. If a guy is making little comments "jokingly" that have sexual references or connotations, then ladies you can be sure he's only thinking about one thing. There is a difference between flirting and being sexual in your talk or jokes, so don't get them mixed up.

HE WILL TEXT INSTEAD OF CALLING

A guy that isn't into commitment will generally take the easy route. Whilst there is nothing wrong with texting, it's not cool if he does it all the time instead of actually making the effort to call you. When a guy chooses to call, he is effectively prioritising you and making the effort to communicate in a more personal way. Because let's face it, you can text anytime (even when you're on the toilet!) but a call is something that requires more energy, time and effort.

HE WON'T KEEP HIS PROMISES OR HIS APPOINTMENTS

A player who is only after a good time, will never really commit to his word. He doesn't want to feel tied down or give the impression that he wants to get serious. He is more concerned about himself and what suits him, rather than you. A man who is serious about you, won't leave you hanging or second guessing.

HE DOESN'T CARE ABOUT YOUR FRIENDS AND FAMILY

Ouch! This one hurts, but it is a good indication whether or not he is someone in it for the long haul or just a long night. A guy that really wants to be a part of your world will make every effort to do so. He will go out of his way to meet your family and friends and try to build a social connection with them. A player will avoid group situations especially when close friends and family are involved!

HE NEVER MAKES CONCRETE PLANS

When a guy wants to be with you, he will do anything to make that happen. Period. This is black and white ladies; players won't make you a priority unless they can get something from you i.e.: sex. A good man will book you up in advance, he will make plans with you and he won't cancel them. You aren't meant to be left in limbo or always wondering if anything will actually go ahead. A healthy relationship will be full of certainty and peace.

HE DOESN'T LISTEN

Whether he's forgotten what you just said or doesn't pay attention to the details of what's important to you, this indicates that he isn't into it as much as what you might be. A guy that really wants to be involved in your life will actively listen to what you have to say. And you will know this because he will remember the little things and ask the right questions.

HE'S NEVER AVAILABLE TO SEE YOU

Basically he isn't making you a priority in his life and schedule, and it's all about what is convenient for him. Ladies, when a man wants to be with you, he will organise his daily routine to include you. He won't be able to see enough of you and will be booking your up in advance to secure time with you.

HE DOESN'T TALK ABOUT ANY FUTURE PLANS

This is because he doesn't see an immediate future with you. This could change down the track, but don't be fooled. A guy that wants to get to know you will be making plans to do just that. You shouldn't have to fight for his time and attention, if he is serious about you then he will be doing everything he can to court you. If a man is into you, you will know it from the start and there will be a sense of some sort of future even if it is just early days.

HIS ACTIONS DON'T LINE UP WITH HIS WORDS

When they say one thing and do another, it's a good indication that they aren't wanting anything serious with you. Because men that are keen, will make sure they follow through with their promises and words to you. They want to build trust and a solid foundation. They want to impress and woo you.

HE FIDGETS WHEN YOU ARE ON A DATE

This is either because he is nervous or because he is bored. Hopefully it is the former, but if it is the latter then you will know soon enough because he will find excuses to leave or will be easily distracted. A date is all about sending quality time together and getting to know one another. So, if the man you are with starts playing with his phone or looking around the room, making you feel invisible or insignificant then perhaps it's time to date someone else that appreciates you.

THE EFFECTS:

Well safe to say you feel like you don't have a place, there is no foreseeable future and you don't feel like a priority.

THE WHITE FLAGS (THIS GUY IS INTO YOU)

HE CALLS INSTEAD OF TEXTING

Seems simple but one action in comparison to another speaks volumes (literally). A text takes two seconds, a call takes a few minutes and it's that extra time that he has chosen to invest in that shows that he is making you a priority in his day. Not only is calling more personal, it's also good manners and makes a way for extended conversation.

HE BOOKS YOU UP IN ADVANCE.

This man is making plans with you, he's asking about what you are doing on the weekend, when he can see you next and is even suggesting things that you can do together. When it comes to a date he is organised, on time, has put thought into it and time limits are not an issue because HE WANTS TO BE IN YOUR COMPANY. He values the time he spends with you and initiates the chance to spend even more.

HE LOVES SHOWING YOU OFF.

This man is proud to have you by his side, his friends know about you, his family have heard of you and you aren't a stranger to the people in his world. Introducing you to friends and family shows that commitment is on the agenda and he trusts you and wants you to have a role in his life. A relationship where you have to be hidden or walk on eggshells is no way to live and the right man would not even contemplate doing either of these things to you.

HE LISTENS TO YOU, AND REMEMBERS THINGS YOU'VE SAID.

This man is actively listening, he takes the time to sit down and hear everything you have to say whether it's a complaint, compliment or just general chit chat. We all know that women can talk quite a bit, but in this case the man actually is taking note of what you are saying. He makes an effort to remember what you have said and follows through because your happiness means something to him.

HE'S INTERESTED IN YOUR DAILY LIFE AND WANTS TO BE INVOLVED.

Ah how wonderful it is to not only have a man that tentatively listens to you but also who asks about your day and takes an interest in your life. He knows your favourite colour, food, flower and what hobbies you have. He makes an effort to understand how you work; he encourages your goals, gives you advice and support on your decisions and actually cares about what is going on in your world.

TIME ISN'T AN ISSUE.

This man is here for the foreseeable future and time doesn't seem to be full of limits. Whether its meeting the parents or waiting to be intimate, this man has a mature approach, a long-term perspective and a respect for your choices and feelings. When he is with you he isn't constantly checking his watch, or rushing your time together, instead he values it and makes you feel like you are important and the time you spend together is of value to him as well.

HE'S HOLDS YOUR HAND PUBLICLY.

This man isn't afraid to show how he feels for you; he's openly affectionate in public, in front of friends and family and has no qualms in showing it. He initiates physical contact, reaches for your hand and finds it second nature to be close to you.

In Conclusion... ladies this is not too much to ask for and it's not unrealistic. Don't settle for second best or lower your standards just to have someone. A real man knows how to treat a woman and isn't afraid to show it.

HE TALKS ABOUT THE FUTURE

This man will talk about 'us' instead of 'me' or 'you'. He will start speaking about the future together as a couple. And he will start to initiate things to make that future happen. Whether it's booking a holiday together for 3 months in advance or planning something further down the track that requires a level of commitment, he will make it happen.

THE SOLUTION:

Needless to say, we want to start dating men that are waving the white flags instead of the red ones. But often we get caught up trying to change the red ones to white and so lose time, energy and emotion and get no result. Learn to pick your battles and skip the drama. Choose to connect and date men that are on the same page as you.

EXERCISE

Fill in the right columns on both tables to get a better understanding of the consequences of red and white flags:

RED FLAGS	WHY I SHOULD STEER CLEAR
1: He will make sexual jokes or innuendo	
2: He will text instead of calling	
3: He won't keep his promises or his appointments	
4: He doesn't care about your friends and family	
5: He never makes concrete plans	
6: He doesn't listen	
7: He's never available to see you	
8: He doesn't talk about any future plans	
9: His actions don't line up with his words	
10: He fidgets when you are on a date	

WHITE FLAGS	WHY THESE ARE BENEFICIAL TO ME
1. He calls instead of texting	
2. He books you up in advance.	
3. He loves showing you off	
4. He listens to you, and remembers things you've said.	
5. He's interested in your daily life and wants to be involved	
6. Time isn't an issue.	
7. He's holds your hand publicly.	
8: He talks about the future	

Q: Why is it important to look out for the signs or flags?

Q: What are the likely consequences of not being able to discern the warning signs?

Q: What can you do to keep yourself accountable and on track?

MOVING FORWARD

Whether you are dating someone right now who is struggling to commit, or you are still looking, use what you have learnt in today's course. It's all very good to be given the tools and knowledge, but if we don't put them in action then we can never fully benefit from them. You don't have to keep being hurt by men who don't want the same thing as you. You are responsible for what you do in a relationship and for who you choose to date.

If you can master your actions and choices then you can master love.

Happy Dating! x