



# Intimacy

## Top Ten Takeaways

- 1 Men look for sex and find love. In the weeks it takes to pursue sex, they discover if they want to be in a relationship with you.
- 2 To get him to slow down, make it fun. Find the 'sweet spot' where you both get your needs met.
- 3 Try first to be sympathetic, not judgmental. Create an environment for him to succeed. Set the tone, and then see if he steps up.
- 4 The best husband material is the guy who likes you a lot and shows it.
- 5 It's not your responsibility to help a guy tear down his emotional walls.
- 6 Being the best date means showing enthusiasm and offering positive reinforcement. Your efforts will bring out a more comfortable, confident man.
- 7 Have empathy for the "too much information" guy. Slow him down and show him how to better please you.
- 8 You can flirt, make him feel good, have boundaries, and still incentivize him to want to come back for more.
- 9 Your jealousy and mistrust is oppressive to a man who is actually trustworthy.
- 10 You can't heal someone else. You can just make better choices.