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This article is about men and women – more specifically, what women want their men to know and understand. So read on to discover what women really want!

And don't forget, our last article discussed how our minds can help heal our bodies. [Click here](#) to find out more.

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Men... What Women Really Want

**By Amanda Pulford
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A warning before I launch into this article : The following are generalisations based on research of heterosexual couples. BUT this doesn't mean that every woman and every man with think, feel or behave the way I describe below. Yes, we're all individuals, with our own unique quirks.

While many people believe that what women want is a mystery (yes, they've even made films about it), you might be surprised to know that there is one common characteristic that women are looking for in their partners. One!! Sounds simple, doesn't it? Read on to find out how simple, and complicated, that one thing can be.

The one thing that women want in their male partner is surprisingly *NOT* money, a flashy car, a big house, or even a great body!

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The number one thing that women are looking for in their men is **trustworthiness**. But don't get too carried away thinking that you've got this one covered. For women, trustworthiness is more than just their partners not having affairs. Trustworthiness is reliability, accountability, authenticity and safety.

So how can you demonstrate you're reliable, accountable, authentic and safe? Basically, if you show up as the person you say you are, you do what you say you're going to do, and you're where you say you're going to be, then you will be seen as trustworthy.

But wait ... there's more.

You also need to 'attune' to your partner to help build trustworthiness. Women need to feel emotionally connected and safe in relationships. You can help her feel this by A-TT-U-N-E-ing with her (a term used by the gurus of relationships, Dr John Gottman and Dr Julie Schwartz Gottman). A-TT-U-N-E = A is for attending to her (giving your undivided attention when it's needed ... key word ... undivided), TT is for physically turning towards her (yes – physically turn toward your partner so that you're having the conversation face to face), U is for understanding her by asking questions (seek to understand what she is feeling and what it means to her – don't try to offer a solution, distract her, 'fix' the problem, or minimize the challenge), N is for nondefensively listening (in addition to all of the above ... don't react negatively to what she's saying, don't interrupt, and do understand that her feelings are real in that moment), and E is for empathising by accepting and affirming her emotions (try to feel how your partner feels, regardless of whether – in your opinion – it is logical or 'right' or you agree).

And you also need to help your partner to feel physically safe to help build trustworthiness. So ensure you're not using your physicality or your loud and/or deep voice to intimidate your partner – even if you're trying to make a point, and

you think that point is 100% valid. If your partner perceives you to be intimidating (even if you don't intend to be), she will immediately not feel physically safe with you and will not trust you completely.

So remember, trustworthiness is the number one thing that women want (reliability, accountability, authenticity, emotional safety, and physical safety).

Reflect on your relationship. If you think working with a health professional to be more trustworthy in your relationship would be worth an investment of your time, then contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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