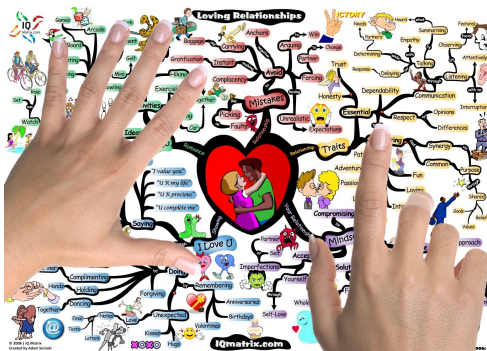




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This article is about women and men – more specifically, what men want their women to know and understand (sound familiar ... we recently did an article on ‘What Women Want’). So, read on to discover what men really want!

And don't forget, our last article discussed relationships. [Click here](#) to find out more. Or if you want to refresh your memory on what women want – [click here](#).

Women... What Men 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.

How many women out there would put their hand up and confidently say they know what it is that men want in a relationship? I bet there are quite a few of you ... and I bet most of these women would be half right.

Why only 'half right'? Well, it's true that men want **more sex** – that's not really a mystery. However, they also want **less fighting**. Would you have guessed that? So, while women want **trustworthiness** – reliability, accountability, authenticity and safety; men want less fighting and more

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If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

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sex. Any similarities here ... or maybe can you see a connection between what men and women want?

You guessed it ... if there's more trustworthiness there will be less fighting and generally more sex ... and sometimes – vice versa.

And now for the how – how do men get less fighting and more sex in the relationship (this might sound familiar)?

Women, you need to **'attune'** to your partner too ... just as we said men need to attune to their women. This results in less fighting, more frequent (and often reported 'better') sex, and it helps men (and women) to feel less alone. When couples can talk to their partners (especially when they feel sad, angry, or in need of affection), they report a genuine emotional connection, which results in what men AND women want.

You can A-TT-U-N-E with him (a term used by the gurus of relationships, Dr John Gottman and Dr Julie Schwartz Gottman) by following these steps.

- **A** is for attending (give your undivided attention when it's needed ... key word ... undivided)
- **TT** is for physically turning towards (yes – physically turn toward your partner so that you're having the conversation face to face)
- **U** is for understanding by asking questions (seek to understand what your partner is feeling and what it means to them)
- **N** is for nondefensively listening (in addition to all of the above ... don't react negatively to what he's saying, and don't interrupt), and
- **E** is for empathising by accepting and affirming his emotions (try to feel how your partner feels, regardless of whether – in your opinion – it is logical or 'right' or you agree)

So remember, A-TT-U-N-E-ing is the way to get what both partners want in a relationship.

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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