



MEN... WHO NEEDS THEM

we do!

**He just doesn't listen....
I've told him so many times.....
He won't do what he
says he will...
He just doesn't
consider the consequences
or think ahead...**

Frustration and downright anger can certainly take over at some point. It's like talking to a brick wall and exasperation takes over. At this point, women then

become more emotional (which we do well!), and can be quite verbose and vehement in expressing it!

This isn't a problem as such, let's just step into the man's shoes for a second & see what happens.....

Being the focused and tunnel visioned creatures that they are, which can actually be strengths for men, the verbose and vehement emotional expression from a woman can be quite confronting. I've seen it many times in couples counselling.

Men have feelings like anyone else...some of them just have difficulty processing them, they get overwhelmed, they may not even be able to label what's going on for them inside. On top of that, it becomes hard for them to talk about it. Really, how can you talk about something that you're having trouble labelling?

That's what women do well and so easily. Think about it, how long could you chat with a girl friend on the phone or over coffee...the conversation just goes on for hours if you let it, one topic leads to another and then you analyse the situation from another angle..sound familiar?! While we have a lot of male friends that can get into that, a lot of men just don't get that or would find it really draining!

So once the overwhelmed feeling saturates them inside - not that they'd ever tell you that of course - they then lack the kind of verbal skill set to communicate something, anything to you! Once they get through the overwhelmed, it hardly seems worth saying anything....it's better to just DO something, a practical and tangible task to show that they are contributing something, somehow.

I hear what some of you ladies are saying..."I do give him the space to get back to me on it, I ask him to tell me what's going on with him and he won't". I hear you, fair point!

For those men reading this article, perhaps consider ways that you can express yourself, even if it is to say "I'm having trouble telling you what I'm thinking" and give it a go anyway. No point stopping at that expression though, it'll only get you off the hook for so long! Ladies, put those great conversational & listening to skills to use by slowing them down so that guys have more time to think & express themselves. Both parties, just stay in the game, create rules that work for both of you & you'll eventually win it together. It's important for anyone to express what's important to them without it all becoming a blame game.

Often times during counselling sessions, we'll spend some time highlighting what he may be feeling and finding ways to help him express it. At the same time, his partner learns to take notice of the various ways he actually may be expressing the very things she wants from him, just in his way, not the way she would have initially liked. Aiming for a win/win for both parties is important.

As exasperating as all this can be that you end up asking... "Men...who needs them?..." consider this....as frustrating and inconsiderate men's response (or lack of response...) can sometimes (often?!) be, they ARE quite sensitive beings and feel emotions more sharply than we as women do. In answer to the question.....Men, Who needs them..... We do!!".

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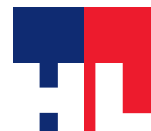
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