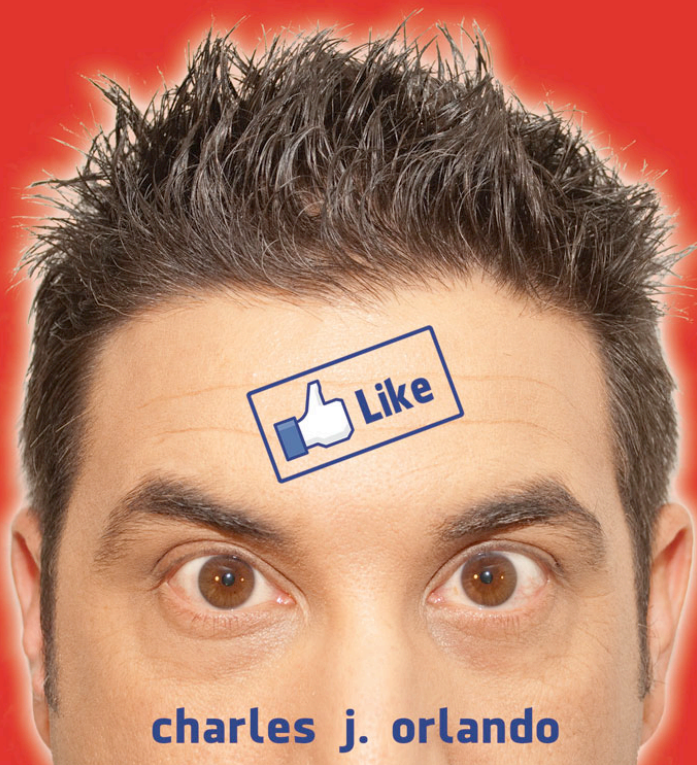


/theproblemwithwomenismen

vol. 2 — a social media memoir



charles j. orlando

Kudos for The Problem with Women... is Men: Volume 2

“There are reasons Charles J. Orlando has over half-a-million fans on Facebook following his musings—he's honest, transparent, knowledgeable, and is the perfect combination of ‘Hitch’ meets ‘Carrie Bradshaw’.”

Jenna McCarthy, author of *If It Was Easy,
They'd Call the Whole Damn Thing a Honeymoon*

“Charles successfully demonstrates what may very well be the ultimate secret of success in social media: Share a strong point of view with a human personality, and do it consistently. That's the spark that fans can't help but flock towards.”

Rohit Bhargava, best-selling author of
Personality Not Included and *Likeonomics*

“Charles has revolutionized the way we talk about relationships in the social space while creating serious fan-demonium around our most basic desire: To be loved and understood by the opposite sex. Spend two minutes on his Facebook page and you'll be hooked for life. Read this book, and you may just become his next stalker.”

Lisa Steadman, best-selling author of
It's A Breakup, Not A Breakdown

The Problem with Women... is Men

volume two: a social media memoir

Charles J. Orlando

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Printed in the United States of America

First Printing: December 2011

ISBN: 1468028030

ISBN-13: 978-1-468-02803-4

Family & Relationships / Interpersonal Relations

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ACKNOWLEDGMENTS

A huge thank you to my family who tirelessly offered their understanding as I sat and engaged a global audience on Facebook — around the clock.

“Dad, put your phone/iPad down,” still rings in my ears. I offer my sincerest appreciation for allowing me to reach and help so many people.

• • •

To everyone who got involved on Facebook and offered their thoughts, opinions, and support for my writing: I am in perpetual awe of how you allowed me to come into your lives and offer my perspective... and for listening. I so appreciate you.

• • •

An honest, heartfelt “Thank you!” to every person that came on to my Facebook page and told me to go fuck myself. It was because of you that I knew I was on to something. I love my Haters... they motivate me.

• • •

To D, J, D, and D: A wise man once said...

• • •

To Jack: I am your smirking revenge.

INTRODUCTION

The Problem with Women... is Men – Volume 1: The Evolution of a Man's Man to a Man of Higher Consciousness was published in November 2008 amidst a flurry of kudos and positive reviews (as well as the anticipated—albeit misguided, yet perpetual—blatant hatred from the misogynists of the world). The resulting success was both exciting and surreal to me, as I didn't have a clear vision of what I would feel like after it was published. I had interviewed 1,600 people over four years to write that book... and the resulting research was both amazing and gratifying. The notion that others would enjoy what I wrote wasn't something I had contemplated... I just knew I had to write it.

And with its publishing, the thoughts and opinions about the content contained therein—and the meaning behind it all—was discussed and argued over by thousands. The title itself was polarizing with a multitude of opinion around its “true meaning”, but those people who chose to read beyond the cover saw that it was not a man-bash. The feedback—both positive and negative—was amazing to receive, in that I had lived virtually alone with the effort of researching and writing; to have it read, considered, contemplated and discussed was very exciting.

I continued to write, penning articles for various magazines and websites, and furthering my efforts of evangelizing relationship equality. It was tremendously rewarding to reach so many people with my words, but I felt I was missing something from the experience; writing for readers is very one-way—I write, they read... zero interaction. As I discovered, the activity I enjoy most about being a writer isn't *only* the writing, it's also the research—specifically the engagement of the people I speak with and the impact I'm able to make on their lives. I longed to keep that real-world connection to readers. So in June 2009, I embraced the growing acceptance of Social Media and launched a Facebook Page for *The Problem with Women... is Men*, offering relationship advice, real-world observations from my perpetual want to enlighten myself and others regarding relationship issues, and engaging readers and fans of my writing.

To my amazement—and without any form of advertising or promotion—my the page grew—from a modest 600 Fans in March 2010 to over 560,000 at the time of this writing. Based on recent studies, it now resides in the top 1% of Facebook Pages, and sits among the top 100 in the Books category (Source: AllFacebook.com). The raw number of Fans might be impressive to many (it's still *totally* surreal to me), however it is but a single data point. After all, those are the people that clicked the “Like” button. The number that means the most to me personally: 68%. That is the average percentage of the Fans that return to my book's fan page on a monthly basis. To those people, I have impact and am able to [potentially] positively affect their lives. And why do they return? I asked them, and the feedback is humbling and incredible to receive: That my thoughts and advice are “real, raw, and uncensored”. (Well, *nearly* uncensored. Blatant misogyny and disrespect has never been allowed and is deleted, are is all spam and advertisements... but anything else is free game.) In short, I'm calling it like I see it... and they appreciate it. (Again... I can only say, “Wow” and “Thank you!”)

The articles I've written as well as the statuses I've posted on Facebook are completely original, and have been “liked” and commented on by thousands. But Facebook, while the best medium for reaching a global audience, doesn't completely lend itself to a standard reading experience—turning pages, backing up in reading, skipping ahead. In contrast, a standard, physical book is not interactive and doesn't allow the reader to reach the author, much less other readers. My goal: To combine these media; to reach people with my words *and* enable them to discuss what they think about what they have read—both with me and others. On my Facebook Page I offer perspective and experience in the words I post, but the long-term value is the power and opinion of the community there—over half-a-million people around the world to-date. As such, it's *your* opinions, thoughts, agreements, disagreements and arguments—whether “LOLs” or “STFUs”—that are central to the reading experience.

To that end, I'd like to welcome you to perhaps the first physical book that leverages an online experience for continued discussion. On the pages that follow you'll find over 200 of the top posts from my Facebook Page, as well as the published articles and long-form essays that received the most engagement and comments. In essence, this book *is* Social, and Social *is* the book.

Following each post and/or article is a shortened URL to allow you're your continued engagement and involvement. Type the URL into your web browser (or click it if you are reading this on a Kindle Fire, iPad or iPhone) and you can join in the discussion. This is not “Social

Media”... it’s Social Engagement, and I’m thrilled you are involved. Note that the number of “likes” and comments are as of the time of this writing, and may appear higher or lower for you online. This is due to individual users’ privacy settings, the possibility of some users deleting their profiles and other variables. Also, as writing on Social Media is “journalism in a hurry”, there have been a few misspellings online. To ensure integrity and transparency, I have left those misspellings and grammatical errors intact.

Thank you for continuing this journey with me and I look forward to seeing you on Facebook.

PART ONE
TIPS, QUIPS
AND WITTICISMS

From childhood, women are "taught"—via society, culture, or upbringing—to think that it is *their job* to make life good for their husband/family. It's not a woman's "job" to make life good for her family... that's a joint effort. Moreover, she doesn't need to be a man's background to his foreground, as she has her own wants, needs and individuality to attend to. Support is one thing, but sacrificing one's self is something else entirely... and leads to complete inequality... and eventually resentment.

 Likes 634  Comments 156

 To like or comment, visit http://on.fb.me/womans_job

In response to some people that feel that there are "special circumstances" where it's hard NOT to cheat... I can't agree. :\ If someone is unhappy, talk about it. If nothing changes, leave. There are no "accidental" affairs. No one falls on a penis or into a vagina "accidentally"... it's a choice. Just sayin'!

 Likes 602  Comments 128

 To like or comment, visit <http://on.fb.me/accidentalaaffairs>

[The Men That Women Have to Deal With] Hello Guy At The Gas Station. I can see how having your Bluetooth headset perma-mounted to your head can be distracting, and how those Ed Hardy jeans hanging around your thighs can make walking a bit cumbersome. So, I'm fine with you taking cuts to get gas. I wouldn't want you to be late for your Douchebag Anonymous meeting.

 Likes 243  Comments 116

 To like or comment, visit <http://on.fb.me/gasstationdouchebag>

There is only one way to rebuild trust once it has been broken: Over time. Anything else isn't real... and if you've broken trust, you should expect to do some serious work to rebuild it... if they choose to allow you.

 Likes 522  Comments 48

 To like or comment, visit http://on.fb.me/rebuild_trust

Dear Guy: There you are, walking hand-in-hand with your girl... does your other hand **really** need to be down your pants holding your junk? No class, bro. It's not a security blanket -- and I can see from there that it's not a two-hander... so please just leave it alone.

 Likes 516  Comments 122

 To like or comment, visit http://on.fb.me/hands_on_junk

To All Mistresses: Being the Other Woman isn't a good situation. The truth is: He is CHOOSING to stay with his wife—for whatever his reasons. If he were truly unhappy, he would leave; pure and simple. With you in the mix, he has the best of both worlds—a wife and a girl on the side—and you are not only allowing it, you are enabling it. Don't be an OPTION... be an ONLY.

 Likes 793  Comments 243

 To like or comment, visit http://on.fb.me/dont_be_an_option


Many men love reading Playboy... but would they if their wife or girlfriend decided to pose? It's been well-documented that many women feel posing nude is empowering (again, not all; many). Would your man be upset if you posed? (But yet it's okay for him to look at others in that magazine, yes?) Is that ownership, insecurity, or both?

 Likes 321  Comments 99

 To like or comment, visit <http://on.fb.me/posenude>

To the men who say: "Women bitch about the same stupid s*it all the time!" You might be right... but it ALSO might be because you keep DOING the same stupid s*it all the time! My advice: Stop repeating the stupid s*it... and see if she doesn't relax.

 Likes 873  Comments 81

 To like or comment, visit http://on.fb.me/stupid_shit

People are always asking me: "How do I keep the spark in my relationship?" Answer: Conscious Effort and Passion. Don't sleep apart... cuddle and lay "into" the other person. Kiss them passionately, like it's the last time you will. Love them like it's the first time you have. And make love to them as if to say, "Without you, I may never be fully complete or happy."

 Likes 828  Comments 112

 To like or comment, visit http://on.fb.me/happy_relationship


Men who open doors, pull out chairs and treat a woman as a lady *without it being mandatory* are acting chivalrous. However, too many men do these things as a means of limiting a woman's activities, thinking — or causing her to believe — she isn't capable. Note to men: There is a big difference between modern-day chivalry and controlling behavior. Women can usually tell if you're being sincere.

 Likes 372  Comments 77

 To like or comment, visit http://on.fb.me/sincere_men

To the men sending me constant hate-mail: I love it. Not only am I going to start posting it here, I want to support your anti-Charles J. Orlando efforts. :) I'm thinking I'll start a fan club for you. Let's call it The I-Wanna-Slap-Charles-J.-Orlando Douchebag Brigade. Please let know if I should send your membership cards to the same address your ex-girlfriend dropped your box of s*it off at... because you wouldn't listen and put effort in to the relationship. :D

 Likes 937  Comments 134

 To like or comment, visit http://on.fb.me/slap_charles

So many men are homophobic... and it fascinates me how some sit around on weekends watching other men in tight pants roll around on top of each other, fighting over balls. Just sayin'!

 Likes 691  Comments 93

 To like or comment, visit http://on.fb.me/homocrotic_sports


So many men get it confused. If a woman has had a bad day, is pissed off at someone/something, or doesn't understand something... the guy *doesn't* have to solve it for her. To assume she can't handle it is patronizing (at best) and/or controlling (at worst). My advice: Just *listen*... that's all she wants you to do. She'll ask if she wants your help.

 Likes 551  Comments 65

 To like or comment, visit http://on.fb.me/just_listen_to_her

A great relationship isn't about making everything totally perfect... it's about looking past some of the things that aren't. Just be sure you aren't sacrificing your own core wants and needs.

 Likes 392  Comments 96

 To like or comment, visit http://on.fb.me/not_perfect


Forgiving an affair — even an online-only affair — is MORE than difficult... but it's a personal decision. Should you choose to work on things and get past it... my advice: 1) Recognize that you cannot control if they do it again. Trust them, or get out. 2) Discuss what caused him to look elsewhere for love/attention/sexual gratification. Talk about it *openly* and *completely*... it's the only way to get back to a place of communication and trust.

 Likes 369  Comments 64

 To like or comment, visit http://on.fb.me/forgiving_affairs

[For Men: Definitions] #1 Bad PMS: When you wake her sweetly, and she throws the alarm clock at you for not making coffee fast enough. #2 Bad Time of the Month: When she answers the door like Jack Nicholson in The Shining... and the UPS guy runs back to the truck without asking for a delivery signature.

 Likes 362  Comments 126

 To like or comment, visit http://on.fb.me/bad_pms

[Clarification] Look... just because I'm an advocate for relationship equality doesn't mean men shouldn't have balls and be confident. Really... there's nothing worse than a bitch-ass man. Guys: Come with your confidence and leadership qualities at the forefront, but with your ego in-check... she'll love you for all of it.

 Likes 316  Comments 64

 To like or comment, visit http://on.fb.me/no_bitchass_men

The best gift you can receive isn't bought at a store or purchased online. The BEST gift is your time. It can never be returned, outgrown, or replaced... and it's that time that you will remember.

 Likes 549  Comments 34

 To like or comment, visit http://on.fb.me/best_gift

If you are in a relationship with someone who shows you that they don't value you—and you've done all YOU can—what are you STILL doing with them? Putting MORE effort into someone who won't/refuses to reciprocate is virtually guaranteed to prove fruitless. The truth is you can't *make* someone learn a different way... people learn things on their own schedule and choose their own paths. You can't *make* them love and/or value you.

 Likes 644  Comments 82



To like or comment, visit http://on.fb.me/more_effort

Dear Men: You don't have to be the perfect man to make her happy. All you have to do is be the man you said you were when you first met her.

 Likes 918  Comments 62



To like or comment, visit http://on.fb.me/the_man_she_met

Dear Men: If you don't treat her right, don't be pissed or surprised when someone else does. Taking a woman for granted leads to just one place: Her finding someone who appreciates her... for HER.

 Likes 1,338  Comments 155



To like or comment, visit http://on.fb.me/dont_be_pissed

Dear Men: It's not YOU that women are dissatisfied with. It's *SOME* mens' juvenile, underdeveloped outlook on relationships that causes women to want to throw up their hands and give up. That, and too many men leave their underwear on bathroom floor, use keys as Q-Tips, and/or look in the tissue after they blow their nose.

 Likes 366  Comments 53

 To like or comment, visit http://on.fb.me/keys_are_not_qtips

[Definitions] "In a minute, Honey." — Latin in origin. A term uttered mostly by men. Translation: "I have no intention of doing what you asked. Maybe later, if I remember."

 Likes 459  Comments 37

 To like or comment, visit http://on.fb.me/if_i_remember

Men: Don't get stuck in the thought that romance is all that counts. It's variation and a combination of activities and efforts that will maintain her interest. So, while soft music, candlelight and sensual massage is often greeted with warm reception, rest assured that for many, MANY women, it's passion and spontaneity that is key to her wants/needs. Example: A candlelight dinner is great, but coming home at lunch—by surprise—and grabbing the back of her hair and kissing her the *instant* you walk in the door (without a word spoken) will probably illicit a positive response. :) (just watch your timing).

 Likes 458  Comments 57

 To like or comment, visit http://on.fb.me/pull_her_hair_sometimes

Why do some people fall in love — over and over again — with those who are emotionally unavailable? Two main reasons: 1) Lack of self-esteem, and they get/build their sense of self-worth by feeling "needed" by an incomplete person. And 2) Ignoring red flags and blatant warning signs... instead making excuses for poor treatment and *choosing* to settle for someone's second-best efforts.

 Likes 464  Comments 81

 To like or comment, visit http://on.fb.me/over_and_over

One of the number one killers of long-term relationships: Being taken for granted. Lack of gratitude leads to resentment... which creates a whole host of problems. The cure: Be appreciative... not only of what they do, but also of who they are.

 Likes 694  Comments 63

 To like or comment, visit http://on.fb.me/appreciate_them


So many people ask me: "Charles - is it 'Once a cheater, ALWAYS a cheater?'" Answer: No, not ALWAYS. HOWEVER, for me, the question isn't: "Will they cheat again?" The *real* questions are: "Did I deserve to be betrayed?" and "Why should I forgive someone who wasn't sorry they cheated, only sorry they got caught?"

 Likes 437  Comments 75

 To like or comment, visit http://on.fb.me/once_a_cheater

The Recipe for a Long-Lasting Relationship: Start with a bowl of Passion. Add two cups of Respect and 1 1/2 cups each of Trust and Loyalty. Mix well. Add more Passion and stir. Add 3 cups of Love. Sprinkle liberally with humor and continue to stir until well-blended. Season with small amounts Snarky Sarcasm and Playfulness. Enjoy! ;)

 Likes 558  Comments 61

 To like or comment, visit http://on.fb.me/love_recipe

[It needs to be said] Men who perpetually disrespect the women in their lives ARE NOT MEN... they are merely overgrown adolescents with a defined propensity towards control, unnecessary dominance, and emotional sloth. My advice to these men: Learn something new... about how to treat the women you claim to love... and about yourself.

 Likes 591  Comments 124

 To like or comment, visit http://on.fb.me/emotional_sloth

Love should not be "unconditional". You can FEEL it unconditionally, but unless you have—and maintain—standards of how someone is permitted to treat you, you could be setting yourself up to be a doormat. Hold the line. Don't put your *entire* self out there. If THEY put part of themselves and YOU put part of yourself, the relationship is whole WITHOUT sacrificing your individuality.

 Likes 543  Comments 40

 To like or comment, visit http://on.fb.me/not_unconditional

Rediscover intimacy and connection in your relationship. Make love to your significant other in the dark, blindfolded, with only your other senses to guide you. It takes a slow pace, trust, patience, and a willingness to feel... everything a solid connection requires.

 Likes 332  Comments 57

 To like or comment, visit http://on.fb.me/blindfolded_love


Ladies: Have kids? Have a few stretch marks or flaws? Your man have you convinced that no one else will want you because of whatever? Don't buy that bulls*it. There are PLENTY of men that will see past all that superficial nonsense. Besides... if he's bringing that kind of stuff up, he's WAY too insecure (and that's his attempt at keeping you down.)

 Likes 708  Comments 107

 To like or comment, visit http://on.fb.me/stretch_marks_aint_nothin


Exs are exs for a reason... and those reasons don't disappear overnight. Don't be fooled by the emotional and physical/sexual rush of rekindled love. If it's going to work out on a second go-round, there has to be fundamental changes in the dynamics of the relationship.

 Likes 834  Comments 84

 To like or comment, visit http://on.fb.me/exs_are_exs


Men: A few things she won't tell you, but she wishes you'd do in bed: 1) Take your time and have fun, don't just do what gets her/you off the fastest. 2) Kiss something besides her mouth (ankles and wrists, anyone?) 3) Pulling hair might be good, but pinning her hair down = fail. 4) Look her in the eye. 5) She won't respond to unconfident requests; take charge, just leave the control/submission in the bedroom.

 Likes 528  Comments 90

 To like or comment, visit http://on.fb.me/bed_secrets

Never confuse "I love them" with "I need to save them." Love is mutual... built on respect, honor, and WANT. Saving is built on NEED — and not only their actual needs... mostly your need to save/provide for them emotionally. "Saving" them doesn't usually lead to successful, mutual, reciprocal love, respect and long-term connection.

 Likes 391  Comments 287

 To like or comment, visit http://on.fb.me/no_saving

Men have penises so they can hold the source of both their egos and their insecurities in one hand... and at the same time.

 Likes 785  Comments 141

 To like or comment, visit http://on.fb.me/men_and_their_penises


I love hearing some men discuss equality. From today: "Now that women have equal rights, they should be doing some good in the world instead of shopping for new shoes all the time." Interesting. Ignoring the documented fact that women are suppressed around the world (including having their clitorises removed with a sharpened rock in many countries), you mean you want women to clean up the mess that men-in-power have created? War, famine, global economic problems, lack of education, child abuse, rape, murder without provocation, the perpetual quest for more power... women should clean up all that, right? Sheesh... Just like so many men: Throw a party and mess up the house... then expect a woman to clean it up.

 Likes 619  Comments 199

 To like or comment, visit http://on.fb.me/equal_rights

Love and relationships should be about investing your time *with* someone that enjoys who you are.. not being with someone out of a sense of obligation, duty, or guilt. So the other person in your relationship refuses to grow WITH you or address what you both need, don't settle. Life is far too short.

 Likes 686  Comments 69

 To like or comment, visit http://on.fb.me/dont_settle

A guy who tells you he "doesn't want a relationship" but then calls you all the time is doing two things: hedging his bets and not committing. He gets all the benefits of a relationship—love, affection, sex, YOUR time and dedication—but he then has the out of "being honest" with you in that he's just 'not into a real/full relationship right now.' The truth: BULLSHIT! (yeah, I said it.)

 Likes 942  Comments 247

 To like or comment, visit http://on.fb.me/i_call_bullshit

Far too many men teach women the importance of gratitude and appreciation... by showing them too little of both.

 Likes 662  Comments 47

 To like or comment, visit http://on.fb.me/show_gratitude

Men: When she says she "wants to talk", she wants you to *listen* to her... not simply wait until it's your turn to speak.

 Likes 636  Comments 93

 To like or comment, visit http://on.fb.me/listen_dont_speak

The Right Guy trims the hair on his junk... the Wrong Guy scratches it in public.

 Likes 784  Comments 142

 To like or comment, visit http://on.fb.me/trim_dont_scratch

Men get it wrong in thinking that women either want: 1) a man to take charge 100% of the time and control things completely (including her); or 2) a TOTALLY and COMPLETELY 50/50 relationship (read: a need to split EVERYTHING right down the middle). Both of these thoughts do not promote a successful relationship. Men need to come to the realization that today's women want the best *both* worlds. They want a man who is confident, can lead, can protect/provide (Alpha Male qualities), AND can be emotionally-available, caring, honest and upfront, empathetic, and actively *listen* without solving the problem right away. As I have written, this takes practice and a willingness/desire to want to change, but mostly it takes a self-realization that [many] aren't providing what's wanted long-term by the women in their lives. Nothing wrong with needing to grow... and everyone is on the path, just in different places.

 Likes 540  Comments 72

 To like or comment, visit http://on.fb.me/alpha_and_beta

Far too many people value their relationships... *just* when they are about to lose them — when the other person emotionally disengages and is halfway out the door. My advice: Don't let complacency rule.

Don't get comfortable. Stay passionate and engaged... much of the rest will fall into place.

 Likes 858  Comments 44

 To like or comment, visit http://on.fb.me/dont_get_comfy

Passion: When you want someone SO badly. Respect: When you value them and they know it. Love: When you tell and show them daily that you care. Successful relationships combine the all three.

 Likes 787  Comments 59

 To like or comment, visit http://on.fb.me/all_three

I keep hearing the same complaint from men: "Women never know what women want." Not so... and please allow me to explain. Many women DO know what they want... but as they evaluate different choices (at different points on their lives), they change their minds until they are comfortable. On the flip-side, many men seem to decide what they want and — regardless of the ramifications — attempt to alter the world around them to fit that choice. Personally, I think women have a better system.

 Likes 715  Comments 82

 To like or comment, visit http://on.fb.me/what_do_women_want

If you're in a controlling relationship and you're constantly wondering why he's putting you down or causing you to question yourself, here's your answer: It's to keep you second-guessing about who you are and cause you to doubt what you know... in an effort to

hold you back and maintain control. If they really loved you, they wouldn't break you down... they'd build you up and support you.

 Likes 650  Comments 75

 To like or comment, visit http://on.fb.me/build_you_up


All men now have explicit permission to cheat on their wives and girlfriends. Their approved mistress: Laundry. (After all... laundry isn't gonna do itself.)

 Likes 289  Comments 42

 To like or comment, visit http://on.fb.me/laundry_mistress

[Reality Check] Whether you are "for" or "against" gay marriage, you have to admit one thing: If Gay Marriage was *only* between two women, it would be legal. After all, I would bet that the male politicians voting against it go home after work and watch girl-on-girl porn.

 Likes 390  Comments 256

 To like or comment, visit http://on.fb.me/girl_on_girl

The situation: They say that they "love you" but they don't want a relationship with a commitment. My advice: They need to get in the relationship, or you need to make a different decision. After all, you

should NEVER make someone your priority when you are only their option.

 Likes 559  Comments 60

 To like or comment, visit http://on.fb.me/never_be_their_option

[The Truth] Ladies: Want to know why he calls you... then ignores you for days... then calls like nothing's happened? I'll tell you: It's because YOU ALLOW IT. Stop settling for second-best. Demand better treatment—or dump them cold—and men will have no choice but to bring more to relationships.

 Likes 527  Comments 76

 To like or comment, visit http://on.fb.me/stop_allowing_it

Unfortunately, one of the surest signs a woman is being played by her man... is her making constant excuses of why he doesn't treat her right.

 Likes 540  Comments 47

 To like or comment, visit http://on.fb.me/signs_of_getting_played

So many relationships change at marriage due to one thing: complacency. Far too many people consider marriage a destination instead of a continuation of the journey, and spend their passion and


hunger reaching marriage, but then forget that the *real* journey has just begun.

 Likes 470  Comments 33

 To like or comment, visit http://on.fb.me/real_journey


Ladies: There are some great men out there, but you won't find them if you ignore the warning signs, sacrifice your self-worth and individuality, and settle for second-best. And by NOT settling, you will quickly eliminate the men who don't really want you for the long-haul... and you'll do with without taking a single hit to your self-esteem.

 Likes 423  Comments 87

 To like or comment, visit http://on.fb.me/never_settle

A Quality Man will open a door for a woman. A Secure Man isn't afraid to cry when appropriate. A Confident Man will take the lead in bed. But a Great Man will do all these things, AND isn't intimidated by a strong, successful woman.

 Likes 650  Comments 62

 To like or comment, visit <http://on.fb.me/qualitymen>

It is not a woman's job to "make" a man grow or change. A man's journey starts from within himself. He has to see the need to alter his behavior, his outlook, and his focus. If he isn't willing to do it

himself—and *for* himself— then he isn't willing to do it at all... and nothing she can do will change that.

 Likes 556  Comments 100

 To like or comment, visit http://on.fb.me/a_mans_growth

"I love you" — An expression of respect, romance, emotional connection, want, desire, and friendship. But it's just an expression... the words mean nothing without action to back them up.

 Likes 896  Comments 86

 To like or comment, visit http://on.fb.me/back_up_your_words

[Double Standards] If you are a man, being “strong” means you're powerful, probably worthy of respect. If you are a woman, being “strong” often means you're a bitch. Strength is a funny thing.. and by "funny", I mean "sexist".


 Likes 649  Comments 103

 To like or comment, visit http://on.fb.me/funny_sexist

[Terms He'll Understand] Men: To ensure your car runs well, you need oil. Oil makes sure engine parts slide smoothly. If you try to run

the engine without it, the engine will lock up and you won't be able to start your car. Now with this in mind, let's talk about foreplay..

 Likes 515  Comments 57

 To like or comment, visit http://on.fb.me/lube_it

Love is great... but don't make the mistake of sacrificing your own wants, needs, and individuality for a relationship. Compromise is important, but NEVER sacrifice who you are or what you really want from life for the sake of a relationship.

 Likes 807  Comments 77

 To like or comment, visit http://on.fb.me/never_be_their_option

Men shouldn't "help" around the house. By "helping", it implies that it's the woman's job and that he is "doing her a favor" by assisting. In reality, it's 50% his job, too.

 Likes 684  Comments 116

 To like or comment, visit http://on.fb.me/housework_help

Women have been trying to adjust themselves and looking for ways to "interpret" men and mens' behavior for years and years. It shouldn't be necessary, as men should be meeting women halfway — instead of society constantly requesting/requiring women to learn/ understand/ adjust for the man in their life. And THAT is why I

advocate MEN stepping up and making the changes... not only for the women in their lives, but mostly for THEMSELVES.

 Likes 364  Comments 47

 To like or comment, visit http://on.fb.me/why_i_write

Couples that invest in each other and build their lives together, stay together. But couples are also made up of *individual* men and women... and those individuals most definitely have to have their own lives (read: activities/interests that are THEIRS). Giving up your individuality is THE issue in tipping the control scales in relationships.

 Likes 384  Comments 66

 To like or comment, visit http://on.fb.me/staying_individuals

Dear Men: If you've turned complacent and are now taking the lady in your life for granted (intentionally or unintentionally), rest assured she's going to start packing her bags emotionally. Keep in mind: For every husband who won't, there's a neighbor who will... and if you won't put in the effort, don't be pissed or surprised when someone else does.

 Likes 851  Comments 97

 To like or comment, visit http://on.fb.me/neighbor_will

The Game of Life (the board game for kids) is a fascinating look at the push for non-individuality. In the game, you must get married before you can buy a house and move forward in life. Nothing wrong with marriage, but the choice of being with someone is independent of other, *individual* choices. I mean, where is it written that you must get married before achieving your personal goals in life?

 Likes 346  Comments 43

 To like or comment, visit http://on.fb.me/game_of_life

Many men like to tell women: "Stop trying to change me. I am the way that I am," as an explanation/excuse for various half-a\$\$ed behaviors. My thoughts: That's crap. Men—like women—are the way they CHOOSE TO BE. Men: Stop blaming bad behavior on that weak, played-out excuse. ANYONE can choose to grow and learn new things. IT'S A CHOICE.

 Likes 728  Comments 79

 To like or comment, visit http://on.fb.me/change_is_choice

[Dating] In speaking with thousands of women to write my book (and other articles), one thing became clear: When a woman is looking for a no-strings situation (read: NOT a steady relationship, no emotional attachment, no commitment), she likes her men the way she likes her vacations—Long enough to make her feel good, lots of space and relaxation time, with meals and cocktails included.

 Likes 482  Comments 87

 To like or comment, visit http://on.fb.me/her_vacation

Lust is like fashion: A rush, fascinating... but ever-changing and potentially fleeting. Real Love, however, is like art: Born of pure passion, emotionally-charged, transcending "connection" but instead personifying "souls intertwined". For me, I'd rather be artistic than fashion-conscious.

 Likes 442  Comments 24



To like or comment, visit http://on.fb.me/lust_is_like_fashion

Insecurity is a combination of a need to control something/someone, and a lack of self-esteem. In reality, there is no way to control anyone to *make* them do what you want... they have to *choose*. My advice: Don't waste energy on what you can't control about THEM... concentrate on what you can do about your own growth.



Likes 596



Comments 109



To like or comment, visit http://on.fb.me/controlling_you

Foreplay doesn't start in bed... foreplay starts when he does the dishes.



Likes 1,338



Comments 205



To like or comment, visit http://on.fb.me/where_foreplay_starts

Some men name their penis... primarily because they don't want a stranger making 90% of their decisions.

 Likes 669  Comments 84

 To like or comment, visit http://on.fb.me/penis_names

Monday must be a man... it comes too fast.

 Likes 1,772  Comments 155

 To like or comment, visit http://on.fb.me/monday_is_a_man

Dear Strong, Independent Women: Men are naturally attracted to you, but SO many men aren't secure enough in themselves to handle what comes it: equality. Instead, these men hook up with a strong woman and then try to break her down to conform to his ways. It's a primal dance of conquest: being bonked on the head and dragged back to someone's cave. My advice: Kissing a lot of frogs can get repetitive, but it's the only real way to find a prince. ;) Besides, the last thing you would want to do is end up with the wrong guy because you settled. Stay strong and picky... it will pay off in the end.

 Likes 823  Comments 157

 To like or comment, visit http://on.fb.me/kissing_frogs

Cheaters always say it was an accident... and that they're sorry. But that's not entirely correct. Temptation is normal, and is all around ALL of us. It's how you *respond* to temptation that defines you. That's why those that *choose* to have affairs [usually] shouldn't be given a second chance. By betraying, they have defined who they are, and in that action they showed their complete lack of respect for the other person... and themselves.

 Likes 740  Comments 145

 To like or comment, visit http://on.fb.me/accidental_cheat


All relationships are filled with good times and challenging times. However, if the challenging times run for years, it's not called a "rough spot in the relationship"... it's become a way of life.

 Likes 625  Comments 51

 To like or comment, visit http://on.fb.me/good_and_bad

If [some] men don't learn to control their need to dominate the women their lives, women might soon start receiving their Prozac prescriptions with a complimentary Pez dispenser. These men need to wake up and realize that they are stifling the very women they swore to love, honor and cherish — and they give the truly great men a bad rep.

 Likes 390  Comments 59

 To like or comment, visit http://on.fb.me/pez_prozac

After hearing from over 1,000 women, their top sex fantasy: "Forceful Sex". This does NOT mean anything violent... it's about being SO desired, that "he must TAKE me." "Arms pinned above my head" and "Kissed aggressively" topped the list. (Note to men: These are FANTASIES, and are not for ALL women... and no need to try them if you already know she doesn't roll that way. Also, it requires finesse and TIMING.)

 Likes 684  Comments 168

 To like or comment, visit http://on.fb.me/forceful_sex

Great men and women DO exist... but you won't find them if you keep choosing the wrong ones over and over. After all, selecting unavailable partners is to CHOOSE NOT TO SELECT the great ones. Don't settle for mediocrity. Demand the best and they can either respond in-kind... or they can be on their merry way.

 Likes 578  Comments 94

 To like or comment, visit http://on.fb.me/choose_great

If you are in a relationship with someone who doesn't value you—and you've done all you can—what are you STILL doing with them? Putting MORE effort into someone who won't/refuses to reciprocate is virtually guaranteed to prove fruitless. The truth is you can't *make* someone learn a different way... people learn things on their own schedule.

 Likes 492  Comments 179

 To like or comment, visit http://on.fb.me/cant_make_anyone


Society has convinced women to just accept "how men are", asking women to believe that primal behavior are inextricably hardwired into the DNA of men. As a man, please allow me to call "bulls*it!" on that statement. Ladies, your job isn't to sit back and learn to cope with men and their faults... but it might be to stop accepting [some] mens' behavior.

 Likes 498  Comments 115

 To like or comment, visit http://on.fb.me/hardwired_dna

[Putting Effort In] Men need to accept more than they criticize, and believe more than they doubt when relating to the women in their lives. And if men can also stop trying to *solve* the problem and just listen, things can change even more.

 Likes 316  Comments 82

 To like or comment, visit http://on.fb.me/man_effort

Dear Men: She'll understand why you don't call her for days on end... so long and you understand why she is now interested in another guy, now that you stopped putting effort in.

 Likes 1,176  Comments 100

 To like or comment, visit http://on.fb.me/she_will_understand

For those women who have a man who is constantly bickering with them, here's the cure: Have him go down on you more often... perhaps constantly. After all, he should have been taught at a young age that it's rude to talk when your mouth is full. See? Everyone wins. ;)

 Likes 692  Comments 96

 To like or comment, visit http://on.fb.me/go_down_constantly

Dear Men: It's all in the kiss. Eight out of 10 women feel they KNOW the potential passion and success of a relationship from the first kiss. The secret to a great one: Start slowly, linger, lips, light tongue, and pay attention to HER... she'll make it clear when the timing is right for something more forceful. ;) (Extra points for cheek caresses, back-of-neck rubbing, hair strokes, and staying SLOW to start.)

 Likes 596  Comments 76

 To like or comment, visit http://on.fb.me/its_in_the_kiss

Turning water into wine — yeah... okay... I get it. But when more men turn casual dating into love... and then love into *lasting* relationships, I think then I'd be more impressed.

 Likes 449  Comments 74

 To like or comment, visit http://on.fb.me/water_into_wine

Dear [some] Men: When you approach a woman with some lame, insincere pick-up line and she blows you off, don't be bitter and call her a "bitch" or assume she's a lesbian. Just accept the fact that you are a whack-a-douche. Then, upgrade your approach to something more sincere... maybe honest? I don't know... just sayin'!

 Likes 851  Comments 104

 To like or comment, visit http://on.fb.me/lame_pickup_lines


Why do men whine like babies when they're sick? Men learn as babies that loud complaining will get a boob put in his face... and some apparently keep working that tactic well into adulthood.

 Likes 1,007  Comments 125

 To like or comment, visit http://on.fb.me/boob_in_the_face

Dear Men: You don't have to look and act like George Clooney to keep a woman with you. I'm sure women would be satisfied if men stopped personifying the 7 Deadly Sins as a starting point...

 Likes 437  Comments 50

 To like or comment, visit http://on.fb.me/seven_sins

[Six Secrets to Long-Term Relationships, for Men] Give up the remote often. Listen to her; don't solve her problems. Exercise. Do the dishes & laundry together. Learn to fold a fitted sheet and towels "her way". Love her who she is today and what she wants to be tomorrow.

 Likes 757  Comments 147

 To like or comment, visit http://on.fb.me/six_secrets


A man calls a woman an idiot once; it might be said out of anger. He calls her an idiot again; it's probably his lack of personal control. He calls her an idiot a third time; it's him exhibiting his insecurity and being controlling. He calls her an idiot a fourth time... wait... why the hell is she still there?

 Likes 860  Comments 145

 To like or comment, visit http://on.fb.me/setting_limits

The road to Happiness can be paved with people who play stupid little games, and try to blame you for what you "do wrong" as a method of covering for their own shortcomings and insecurities. My advice: Learn how to read the signs of these insecure people, so you can identify them early and leave them be. If you're already in it, find the strength to move on... you're worth more.

 Likes 673  Comments 87

 To like or comment, visit http://on.fb.me/moving_on

People that put *everything* into their relationships and leave nothing back for themselves are setting themselves up for failure. Just as you put yourself into the relationship, it's just as important to maintain your own life, interests, and friendships... and then *share* those with your significant other.

 Likes 690  Comments 76

 To like or comment, visit http://on.fb.me/just_share

There is no Cardinal Rule stating that people must get married by X date—or at all! Before taking the leap, it's not only important to know your partner, it's perhaps even more important to know yourself—who you are, and where you're going. After you know those two things, who will go with you is a choice, not a forced decision. And don't let anyone pressure you into committing before you're ready... including yourself.

 Likes 430  Comments 60

 To like or comment, visit http://on.fb.me/when_to_get_married

The best way to get over a bad relationship is to IMMEDIATELY get into a new relationship... with yourself.

 Likes 1,180  Comments 111

 To like or comment, visit http://on.fb.me/getting_over_it

Common statement after an argument: "I said that out of anger. I didn't mean it, so let's just let that go." Umm, okay. Better idea: How about saying what you actually mean, or walking away and calming down before saying something you'll regret?

 Likes 590  Comments 79



To like or comment, visit http://on.fb.me/out_of_anger

With long-term relationships, learning about each other and growing together is normal—and expected... but life is too short to have to teach someone *HOW* to love and respect you. Some if that is earned, but much should come naturally... without "working" at it or requesting how you want to be loved.

 Likes 640  Comments 92



To like or comment, visit http://on.fb.me/it_comes_naturally

Dear Men: Wanna drastically alter the dynamics in your relationship for the better? Listen more than you speak, accept more than you criticize, and believe more than you doubt when relating to the woman in your life.

 Likes 641  Comments 183



To like or comment, visit http://on.fb.me/better_relationship


To the men that say, "Men are simple! Just cater to our egos and we'll do anything for you!" — That translates to: "Some men are SO insecure, they need constant validation that they are masculine. If you do that, they will try to please you." *rolls eyes* My advice — Ladies: A complete, secure man won't need you to validate him AS a man. After all, no one likes an insecure, borderline-bitch-ass guy.

 Likes 573  Comments 89

 To like or comment, visit http://on.fb.me/bitchass_men

[Relationship Pro Tip for Men] "Popping the question" doesn't mean to get drunk, drop to one knee, and beg for a three-way.

 Likes 314  Comments 46

 To like or comment, visit http://on.fb.me/pro_tip

There seems to be a rising trend of "dating by default"... meaning that so many guys starting seeing a woman and never actually discuss the level of commitment... they just start seeing them more often until they have a girlfriend. No discussion, just assumption. My thoughts: That's bulls*it. Men: Have the stones to step up and state your intentions to her directly.

 Likes 607  Comments 102

 To like or comment, visit http://on.fb.me/dating_by_default

[Legal Terms] It's called "infidelity" or "adultery" because "dishonest, backstabbing, cheating, lowlife piece of dog crap" doesn't fit in the

box on the divorce papers. Bottom line: No one can or will *make* you stay married... just have the honor to finish one chapter before you start a new one. That way, everyone can keep their dignity.

 Likes 694  Comments 64

 To like or comment, visit http://on.fb.me/low_life

Dear Mr. Player trying to flirt with every woman he sees: It's obvious you think your God's Gift to the female gender, and I'm thrilled you think so highly of yourself to walk in to the place, strut/peacock in holding your junk, and looking around the room like a camera crew is filming your every move. However, if you would simply be genuine and speak *with* a woman instead of talking *at* them, you might actually have sex... with a partner. Just thinkin' out loud...

 Likes 750  Comments 84

 To like or comment, visit http://on.fb.me/dear_mr_player


You are the sum of whom you are, where you are going, and who's going with you — a.k.a. the people around you. The question: Are those around you committed to your happiness and success... or your mediocrity?

 Likes 345  Comments 37

 To like or comment, visit http://on.fb.me/sum_of_those_around_you

[Epiphany] Men: One way for you to avoid arguments, kill tension, and keep her happy: Go down more than you let down. ;)

 Likes 551  Comments 57

 To like or comment, visit http://on.fb.me/go_down

Men who have long-term affairs do so for a variety of reasons. Some are just catering to their own egos or sexual curiosity... but so many simply lack the honor, decency and courage to maturely end their current relationship before beginning a new one. By cheating long-term (with the unconscious goal of getting caught), they can effectively end the relationship without confrontation. To those men: No one is **making** you stay with your spouse... you **CAN** leave. Why not give her the respect of leaving BEFORE you choose to cheat?

 Likes 888  Comments 106

 To like or comment, visit http://on.fb.me/long_term_affairs

Break-ups: Generally speaking, exs are exs for a reason... and that reason usually isn't a good one. My advice (unless children are involved or the rarity that the break-up was mutually respectful): Disconnect, delete, unfriend, and disassociate. By keeping phone numbers, friend status on Facebook, etc... you are still hooked in. If you're not with them, they don't deserve your association with them.

 Likes 1,004  Comments 105

 To like or comment, visit http://on.fb.me/defriending_exs

For those in a relationship with someone who won't commit, and you're wondering what to do: Get your expectations out in the open. If you are in love with someone who isn't interested in meeting you where you're at emotionally, you are setting yourself up for heartache.

Tell them what you need and stick to it. If it ends up more of the same, consider cutting your losses quickly rather than invest more time in someone who is just there to hit-it-and-quit-it.

 Likes 648  Comments 55

 To like or comment, visit http://on.fb.me/clear_expectations

Given the seemingly unbalanced priorities of so many men today, I would bet that women would get more (and better) foreplay if they had a picture of an XBOX controller tattooed to the outside of their vaginas. *rolls eyes* I guess it's just a matter of what's important.

 Likes 648  Comments 90

 To like or comment, visit http://on.fb.me/whats_important

To the men that write into me stating: "Shut up, Charles! Men are the way they are because they are primally built to be protectors/providers." Umm.. perhaps, but let's evolve past the sum of our DNA, no? Most women aren't satisfied long-term with a bit of cash and a weekly shag. You'd think these [cave]men would learn that investing emotionally in a relationship (and their partner) might create a true connection... maybe even allow them to... oh, I don't know... stop draggin' their f*ckin' knuckles on the ground?! Sheesh. *walks out of cave and slams the door*

 Likes 633  Comments 96

 To like or comment, visit http://on.fb.me/knuckle_draggers

Dear Men: As a little girl, the lady in your life didn't dream of a man who would give her mediocre efforts, love for a limited time, and the bare minimum to keep her from bitching. She dreamed of a man who wanted her... ALL of her. No woman wants complacency... they

want passion, love, affection, energy, and your very best. Bring it, and she won't just *be* yours... she'll *stay* yours.

 Likes 1,289  Comments 124

 To like or comment, visit http://on.fb.me/what_she_wanted


It is written that "Behind every great man is a woman." However, given the number of women that have connected with me to ask why the man in their life holds them back and keeps them down... I'm thinking that, in many cases, this could be rewritten as: "In front of every potentially powerful woman is a mediocre man who is too insecure to support her ambitions, and who won't get out of her way."

 Likes 972  Comments 126

 To like or comment, visit http://on.fb.me/great_man

Basic relationship instructions for men: #1 LISTEN to her... don't just wait for your turn to speak. #2 Know this: If you feel you MUST ask her a question about her sexual past, you probably won't be secure enough to handle the answer. #3 Treat her as you did at the beginning, *before* she was a sure-thing. #4 If you wouldn't have the guts to say it to your mother, why would you say it to her? #5 Don't assume you automatically know what she wants in bed, as it will change. Just pay attention.

 Likes 903  Comments 103

 To like or comment, visit http://on.fb.me/the_basics

Dear Men: You have a mother, so don't look for your significant other to tell you what to do—or worse, to do things you should be doing yourself... as a grown man. You should, however, have enough

self-confidence to not be intimidated and accept what she says when she tells you how she *feels* about things.

 Likes 641  Comments 81

 To like or comment, visit http://on.fb.me/two_mommies

A successful relationship doesn't depend on what men *do* for the woman in their life... it's what men learn about *themselves* and how they apply it back to their relationship *with* her that counts.

 Likes 569  Comments 60

 To like or comment, visit http://on.fb.me/its_not_what_you_do

One of the keys to a great relationship: Spontaneity. Far too often, we all are guilt of going through the routine of life: bills, kids, errands, jobs, grocery shopping. To keep passion alive, keep part of your romantic efforts spontaneous. :)

 Likes 404  Comments 50

 To like or comment, visit http://on.fb.me/be_spontaneous

On weight: Where is it written that women have to be built like a 12 year-old girl with DD breasts... and the men requesting this don't *have* a six-pack... they drink one in one sitting? My take: Firstly, women should be built like WOMEN — with curves (or not), with imperfections (or not) — and not like girls. Secondly, to these men:

before you criticize, you might consider hitting the treadmill more than once since grade school. Just sayin'.

 Likes 1,040  Comments 267

 To like or comment, visit http://on.fb.me/curves_not_girls

Some people rally against nudity of women saying that it harms the perception of equality and feminism. I can't agree. In my opinion, there's nothing wrong with the human body (done tastefully). The real issue is the *perceptions* of women perpetrated by the media — Snooki on Jersey Shore, Real Housewives "stars", even the purported "intelligence" of SOME female politicians — that damage the inherent strength of women and quest for equality.

 Likes 338  Comments 91

 To like or comment, visit http://on.fb.me/nudity_issues

In order for a romantic relationship to be successful, four things MUST be in-place: Respect, friendship, trust, and passion. With those elements, a couple can face anything... together.

 Likes 998  Comments 115

 To like or comment, visit http://on.fb.me/face_it_together

If you're involved with someone that is attempting to control you and order you about, you have a choice: 1) You can put your foot down RIGHT AWAY and let them know that you will not be under *anyone's* thumb—ever—and then hold the line; OR 2) You can ignore it, and hope it goes away. But let me tell you: it most likely won't go away... it will get worse, and it will happen slowly over time.

 Likes 565  Comments 114

 To like or comment, visit http://on.fb.me/control_freaks

For countless men, having a three-way is their sexual Holy Grail. But I don't think men consider the *whole* picture... meaning, maybe she wants a three-way, too. Maybe she's been checkin' our your best friend and thinks about being taken by you AND him! Ah ha... three-ways aren't so cool now, eh?

 Likes 566  Comments 87

 To like or comment, visit http://on.fb.me/three_ways

Given the rising divorce rate, is marriage now obsolete? Hardly. Marriage is not the issue... *commitment* and open communication are at the heart of the problem. Marriage is a legal and/or spiritual binding of two people... but if commitment isn't there at the start and loyalty becomes a matter of subjectivity or convenience, the marriage is *already* nonexistent. Cheating then becomes a symptom of a secretly failed marriage.

 Likes 441  Comments 68

 To like or comment, visit http://on.fb.me/secret_failed_marriage

Plants need water. If you stop watering them, they wilt and die. No matter how many years the plant lives, it will ALWAYS need the proper amount of water... never less. Relationships are the same, but not with water... with effort and passion. They won't need less because years have passed.

 Likes 636  Comments 70

 To like or comment, visit http://on.fb.me/relationship_effort

It's called a break-up because it's broken. Most of the time, there is no need to try and get back together thinking it will work out. After all, when you go to the refrigerator and take out the milk... and it's bad... you don't put it back and hope it's good tomorrow. You throw that sh*t out and get new milk!

 Likes 1,138  Comments 120

 To like or comment, visit http://on.fb.me/breakup_broken

When will men be secure enough to get it straight? Women are NOT looking for some over-sensitive, weak, bitch-ass man. They *want* a confident/strong man, to be sure... but they also want a man who knows three things: 1) That his place is NOT keeping her down/back to compensate for his insecurities; 2) That he will treat her as an equal, not as some mindless subordinate (regardless of who makes the money in the house); and 3) That him loving her also includes respect, gratitude, humor, and a willingness to be the man she first met.

 Likes 924  Comments 126

 To like or comment, visit http://on.fb.me/as_an_equal

Relationship Secret: When she's talking, discussing her thoughts, she just wants to be heard. She's evaluating her thoughts in the air... not necessarily looking for a solution. There is no need for him to automatically try to solve her problem... just *listen*. If she wants advice, she'll ask him for it directly.

 Likes 694  Comments 54

 To like or comment, visit http://on.fb.me/asking_for_advice

Jealousy will you nowhere, and is a direct reflection of your own insecurity. If you are insecure in your relationship, discuss it. If you don't trust them, take the time to think about why: Are they showing signs of dishonesty, or are you just afraid of losing them? If it's the former, why are you there? If it's the latter, you need to realize that you can't control them.

 Likes 613  Comments 58

 To like or comment, visit http://on.fb.me/afraid_to_lose_them

"Unconditional Love" — It might be possible for some, but loving someone "unconditionally" means that you will love them *no matter what they do*. But if they can do *anything* and you have zero expectations, how do you expect them to value you? Where is your self-worth? For love to be equal and relationships successful, things have to be reciprocal.

 Likes 737  Comments 73

 To like or comment, visit http://on.fb.me/love_unconditional

Ladies: Don't give in so easily to a man's first efforts when dating. Why is this stupid game necessary? Besides it being a primal motivator, perhaps Mark Twain said it best: "In order to make a man covet a thing, it is necessary to make the thing difficult to attain." In short: Unless he earns your affections, he won't value you long-term.

 Likes 557  Comments 71

 To like or comment, visit http://on.fb.me/mark_twain_said_it

If you're in a relationship where they have cheated, you're fighting all the time, or they treat you poorly, the question shouldn't be: "Why are they doing this to me?" The REAL question you should ask yourself: "Why do I feel this is all I'm worth?"

 Likes 900  Comments 97

 To like or comment, visit http://on.fb.me/what_you_are_worth

Why do some people have a hard time leaving a bad relationship? People in these positions tend to focus on the "good things", and thus are regretting what they perceive they will lose out of the relationship. My advice: Unless kids are involved to complicate the situation, put you and your core needs first. Once you put YOU as the priority, the rest of the decision becomes clearer.

 Likes 575  Comments 99

 To like or comment, visit http://on.fb.me/you_are_priority

Many men think they're in control when receiving oral sex. What men seem to forget is that the most sensitive part of their anatomy is in a place where it can be *severed* from their bodies at the woman's whim. This is NOT a man in control; it's a submissive act. Nothing wrong with that, but given how many men seem to *prefer* oral... should we infer that these same men are also naturally submissive in bed... and that women who go down are naturally dominant?

 Likes 597  Comments 114

 To like or comment, visit http://on.fb.me/oral_for_men

For those in a bad relationship and who want to leave... but you have kids, so you stay -- I give you the airline flight attendant's advice: You have to put YOUR oxygen mask on *FIRST* before you put the mask on your child. If you can't save you... you can't save them.

 Likes 1,007  Comments 109



To like or comment, visit http://on.fb.me/oxygen_mask

Don't ignore early warning signs in a relationship. If you make allowances or excuses for their poor treatment of you early on, small things will lead to bigger things as the relationship continues.

 Likes 765  Comments 94



To like or comment, visit http://on.fb.me/making_allowances

[Complacency] After settling-in to a relationship, men don't put the effort in anymore. We can talk about the superficial stuff—not shaving on the weekends, no flowers, no foreplay, no romance—but there is a much bigger issue: After marriage, kids, and time together... so many men forget that women are women *first*, and girlfriends, wives and mothers *second*. Women have their own individuality, wants, needs, skills, and desires. Wake up, Men.

 Likes 850  Comments 82



To like or comment, visit http://on.fb.me/wake_up_men

Some women — from teen girls on up — suffer from low self-esteem for a variety of reasons — from hormone levels to finding their place in the world to releasing the challenges experienced during childhood. But perhaps the most formidable of social foibles is the media... specifically magazines. Nothing worse than viewing pictures of body parts at a level of perfection that can NEVER be achieved because they have been airbrushed into ambiguity. These pics silently state one notion: "This is what you SHOULD look like, and if you don't you will never be enough or acceptable." Two words: THAT'S CRAP.

 Likes 700  Comments 78

 To like or comment, visit http://on.fb.me/that_is_crap

Unless you focus on YOU, there will never be an US with anyone in your romantic life.

 Likes 534  Comments 41

 To like or comment, visit http://on.fb.me/focus_on_you

There are two types of men: Those who are secure in themselves and who they are as MEN to not be intimidated with having a powerful woman by their side, and those who are too insecure in their own masculinity and too unclear about who they are to be comfortable with a strong equal in a romantic relationship. The nagging question for men: Which one are you? The critical question for women: Will you sacrifice your own self-empowerment and worth to placate a weak man who has his masculinity built on long outdated concepts like "Me Man. Me Protect. Me Provide"?

 Likes 419  Comments 267



To like or comment, visit http://on.fb.me/two_types

Ladies: Be wary of guys that say, "I like you, but I don't want a relationship right now." That was one of my lines a long time ago. For so many women, that line creates the challenge for her to try and catch the man... and he has "honesty" on his side, in that he *told you* he didn't want a relationship.



Likes 509



Comments 110



To like or comment, visit http://on.fb.me/honestly_like_you

Four Rules for a Great Relationship: 1) Be romantic. 2) Be passionate. 3) Use your imaginations. 4) Never be rushed.



Likes 670



Comments 56



To like or comment, visit http://on.fb.me/four_rules

Being angry or frustrated in your relationship doesn't necessarily make you wrong or crazy. It's your consciousness telling you that something needs to change.



Likes 724



Comments 59



To like or comment, visit http://on.fb.me/need_to_change

Relationships can be defined by how you act and what you say about the other person... when they aren't around.

 Likes 668  Comments 61

 To like or comment, visit http://on.fb.me/relationship_defined

Dear Men: What works in porn isn't necessarily what your lady is looking for. Example: Pounding, pulling, pinching, and twisting the most sensitive of a woman's body parts right from the start will earn men extra points in Pornland, but in the real world there is a real difference between aggressive sex and clumsy, seventh-grade experimentation. Some women might be into pain and kink, but not all. (A clearer definition: Erotic is using a feather... kinky is using the whole chicken.)

 Likes 644  Comments 29

 To like or comment, visit http://on.fb.me/porn_is_fake

[Double Standards] When men have a problem, it's said they are "stressed" (which translates to them putting in SO much effort, is has to come out). But when women have issues, they are dubbed "depressed"... and require medication. I wonder... are they really DEpressed... or quietly REpressed—perhaps by societal double-standards and inequality? *puts finger to temple*

 Likes 483  Comments 99

 To like or comment, visit http://on.fb.me/stress_double_standard

When dating, some women end up kinda forced into protecting themselves from [many] mens' behavior and their issues/miscommunications. They have to interpret, defend, work to

understand, and try to get to the root of the type of man he is... and then hope he wasn't full of s*it the entire time. Perhaps these men might have some HONOR and just be upfront from the start? Just sayin'.

 Likes 472  Comments 115

 To like or comment, visit http://on.fb.me/interpret_and_defend

Dear Asshole Guy who just yelled at his lady in public: To call you a "douchebag" would be an insult to feminine hygiene products. *shakes head* Some men are simply from the shallow end of the gene pool...

 Likes 891  Comments 108

 To like or comment, visit http://on.fb.me/insult_to_douchbags

How do great women end up becoming stifled, broken and held back by controlling men? These women oftentimes ignore early red flags and make their choices. Then, their choices make them.

 Likes 597  Comments 116

 To like or comment, visit http://on.fb.me/choices_make_you


The secrets to being great in bed: Leave your ego at the door. Then, ask and/or pay attention to what they want... and then be willing to give it to them.

 Likes 508  Comments 28

 To like or comment, visit http://on.fb.me/great_in_bed

Dear Men: She'll appreciate you if you stop trying to bend her to your will (like a caveman who bonked her on the head and dragged her back to his cave). My advice: Just let her be HER... the rest will then fall into place.

 Likes 619  Comments 80

 To like or comment, visit http://on.fb.me/let_her_be_her

So many men want/expect women to have little to no hair on their privates... but going to the gym today, SO MANY guys in the locker room look like they have Chewbacca in a *tight* leg-lock. Look guys: If you can braid the hair on your junk, you might want to shave it back. Get a weed whacker, if necessary.

 Likes 1,023  Comments 170

 To like or comment, visit http://on.fb.me/shave_the_back


[The Reality] It's better to refuse to settle for second-best and be single, than to sacrifice your wants, needs and self-esteem in order to be in a relationship.

 Likes 924  Comments 93

 To like or comment, visit http://on.fb.me/the_reality


A great relationship isn't about achieving something or getting to a destination, as a "destination" is never reached. It's about the journey through life... dancing through the unknown... together. It's the experiences you share and the things you learn about each other... and what you learn about yourself.

 Likes 738  Comments 49

 To like or comment, visit <http://on.fb.me/notajourney>

Problems in relationships aren't usually seen as they are... those problems are often seen as WE are. Example: If you are suffering from low self-esteem, you could end up involved with someone who controls you and belittles you... and you'll stay, put in more effort and constantly think (subconsciously), "If I just do more, they will love me." The only way out of this cycle is recognition of the issue(s), and working to find a new path... for you.

 Likes 507  Comments 59

 To like or comment, visit http://on.fb.me/as_we_are

Being consistently attracted to and involved with people who treat you poorly has much less to do with them, and much more to do with how *you* feel about YOU. When you feel valuable to YOU, you will not settle for second-best treatment that these stunted people usually provide. Moreover, it's not your job to help them grow... they need to do that on their own.

 Likes 667  Comments 66

 To like or comment, visit http://on.fb.me/your_value

Staying in a relationship that doesn't bring you joy, passion, and laughter is acceptance... acceptance of second-best for yourself. In short: You are choosing to be happily unhappy. My advice: Get into the truth about how you feel... no matter how hard it is. Then you will have honest perspective and will be able to see the choices before you.

 Likes 851  Comments 23

 To like or comment, visit http://on.fb.me/acceptance_by_default

Men: If you ask for sex, not only does it kill any spontaneity, you immediately show a lack of confidence—an essential characteristic that all women crave. (It's primal). The solution: Starting out with basic touching and kissing. She'll stop you if she doesn't want sex. Just don't ask.

 Likes 731  Comments 107

 To like or comment, visit http://on.fb.me/no_need_to_ask

[The Truth] No matter how much you love them, how much you sacrifice, how much you feel you "owe them" emotionally, or how much effort you put in: People will ONLY change when they *choose* to change. It's not your failure — or theirs — if they don't change... it's simply a choice they are making to change or not. And your choice is then to accept things as they are... or not.

 Likes 782  Comments 72

 To like or comment, visit http://on.fb.me/people_change

[Sports] If men were forced to have sex the way they watch sports, I doubt it would work out. Afterwards, they would talk about how "their team" did it, slap high-fives with other men, and then watch the highlights on the 11pm news.

 Likes 238  Comments 57

 To like or comment, visit http://on.fb.me/sex_and_sports

Some women put up walls to defend themselves against men who are not worthy—oftentimes after being hurt or betrayed. Those men who ARE worthy have no issue with scaling that wall... or helping her tear it down. That said, no woman *needs* a man to save them or pull the wall down... she'll remove it when she's ready.

 Likes 1,039  Comments 106

 To like or comment, visit http://on.fb.me/tear_down_walls

Women who find the same type of [bad] guy over and over again need to see their part in things. They aren't just selecting the same type of man — who won't fit their needs — they are also actively rejecting men who will... by default. My advice: See your part in things, and stop ignoring red flags and settling for second-best. Keep your wants, needs and your self-esteem front-and-center and men will have no choice but to bring more to relationships.

 Likes 616  Comments 65

 To like or comment, visit http://on.fb.me/see_your_part

I've long suggested that a successful relationship or marriage takes effort, not "work". Oftentimes, Work is that thing you must do in order to have time and flexibility for the things you really want to do. Effort is what you put in to activities you care about... that you are most passionate about making succeed. In short, Effort is a driving force behind a great partnership and marriage.

 Likes 488  Comments 45

 To like or comment, visit http://on.fb.me/effort_not_work

Men: There are two qualities women find irresistible: confidence and humor. You'll need both. One attracts them to you, and—coupled with honor, love and integrity—the other keeps them with you.

 Likes 630  Comments 61

 To like or comment, visit http://on.fb.me/two_qualities

What so many men seem to forget after getting married and having children: As [most-often] the primary caregiver for children, moms are overworked, get no sleep, have limited adult time, and have no consistent way to downshift from "Mom! He hit me!" to "Ohh, yes... work it like THAT, Baby!" So Men: If you come home with an attitude of "How about a blow job?" after some of the days moms have, you'll be lucky if she doesn't punch you in the face as her version of "affection".

 Likes 1,187  Comments 166

 To like or comment, visit http://on.fb.me/men_dont_forget

If you are in a relationship with an emotionally-controlling person, it's time to stop blaming them. They are who THEY are... but the person who is CHOOSING to be controlled... is you. Unless they are physically abusive (which is different, and needs authorities involved), you CAN choose a different path...

 Likes 583  Comments 153

 To like or comment, visit http://on.fb.me/emotional_control

When a woman wants to switch it up to “doggie style”, it isn’t *always* about the angle and depth of penetration. Sometimes during sex, she just doesn’t want to HAVE TO look at a guy who has a blank stare on his face—mouth hanging open—who forgot to brush his teeth before coming to bed. The moral of this story: Foreplay starts outside the bedroom.

 Likes 917  Comments 146

 To like or comment, visit http://on.fb.me/doggie_style

Cheating is *never* the cause of a broken relationship. Cheating is a symptom of an already-broken relationship... even if the signs aren't obvious and glaring. However, it's also ALWAYS a choice. My advice: Close one chapter before starting another. At least both people can leave with their heads held high.

 Likes 1,022  Comments 156

 To like or comment, visit http://on.fb.me/cheating_is_a_symptom

I was on a national radio show this morning discussing my book, equality in relationships and more, when a caller asked me: "Charles, are you familiar with Genesis 3:16?" That chapter/verse refers to women and states: "Your desire will be for your husband, and he will rule over you." Firstly, don't quote from the Bible to justify inequality. The Bible ALSO states that I can sell my daughter (Exodus 21:7 – like THAT'S gonna happen) and allows ownership of slaves, both male and female (Leviticus 25:44 - ummm... WTFever to THAT bull \$hit). And secondly, anyone who has to quote from the Bible out of context (or any other book, for that matter) is motivated by insecurity and fear — two unappealing qualities rooted in shortsightedness. In short: Pfft.

 Likes 497  Comments 261

 To like or comment, visit http://on.fb.me/out_of_context

Perhaps more women would be satisfied if more men were like Windows PCs: A little older, and always going down on them. ;)

 Likes 693  Comments 91

 To like or comment, visit http://on.fb.me/men_like_pcs

The age-old question: "Isn't love enough?" The answer: No. Aside from love not paying the bills, humans have a core need to belong... to feel *wanted* — DESIRED. If they don't feel wanted and instead only feel *needed* or taken for granted, the relationship is headed for trouble... or getting ready to end.

 Likes 528  Comments 68

 To like or comment, visit http://on.fb.me/is_love_enough

What do women want emotionally from men? Many things... but if you sum it up: Women want to be challenged, passionately seduced, and chased by a Bad Boy... and loved, honored, and empowered by a Nice Guy. Men have both as part of them... they just need to learn when/how to use each part of their persona.

 Likes 739  Comments 106

 To like or comment, visit http://on.fb.me/goodguys_badboys

To all women who have written in regarding their long-term affairs with married men: You don't have a partner, or a lover, or a friend. You are with a man that has the best of both worlds... and you are BORROWING him. His marriage isn't "over" like he is saying, otherwise it would be OVER and he would leave. Don't fool yourself.

 Likes 1,229  Comments 228

 To like or comment, visit http://on.fb.me/borrowing_him

Passion is crucial for any romantic relationship, but it takes a special couple to be goofy and playful... and it leads to a healthier relationship. (Besides, love and life don't have to be so damned serious all the time!)

 Likes 797  Comments 80

 To like or comment, visit http://on.fb.me/goofy_and_playful

Ladies: Don't waste time trying to find or create the perfect man. Invest time in creating YOU, and the right guy will be along.

 Likes 1,091  Comments 143

 To like or comment, visit http://on.fb.me/find_the_right_guy

Why do some people have such a difficult time leaving an obviously bad relationship? Two main reasons: 1) People in these situations tend to focus on the good things... and see what they will "lose" if they leave. And 2), sometimes, they are treated well (for short periods of time)... and that kind of intermittent love can be a powerful lure to keep someone involved when they actually should be getting out.


 Likes 691  Comments 217

 To like or comment, visit http://on.fb.me/hard_to_leave

When first dating, men bring flowers, take her to dinner, pull out chairs... Once in the relationship, men might curl up on the couch

with them, cook dinner, spontaneous sex. Then comfort creeps in... spontaneity and romance wane. My advice: When you're in a committed relationship, you should still date each other. Keep newness and effort at the forefront. :)

 Likes 559  Comments 69

 To like or comment, visit http://on.fb.me/first_dating

[Worth Repeating] I've often written that if they love you, you'll KNOW it... and if they don't, you'll be left wondering all the time if they do. So, if you're unclear about how they feel, ask directly. If you don't get a direct and clear response... that is ALSO an answer (just not the one you're looking for). My advice: Don't spend your life waiting for something that may never happen. Stay true to YOU.

 Likes 893  Comments 100

 To like or comment, visit http://on.fb.me/true_to_you

[Preparation] If you're contemplating marriage but not sure if you're ready, you can prepare... by *not getting married* until you're sure of your decision. No rule stating you *must* tie the knot... and you can avoid all the drama by just playing things a bit by ear. That, and sit through a couple divorce proceedings... that will educate you on what comes from a [so often] too-fast-decision.

 Likes 292  Comments 62

 To like or comment, visit http://on.fb.me/thinking_about_marriage


[Double standards] Men are "studs" and women are "whores"... uh, no. This oxymoronical viewpoint is apparently spoken from the same side of the mouth that says a woman who sleeps with—or even just pursues—multiple partners is a slut, a whore, and a tramp. Obviously, men concoct these views; men that, if they had their way, would have women lie down as whores and rise in their post-coital afterglow as virgins.

 Likes 485  Comments 177

 To like or comment, visit http://on.fb.me/studs_and_whores

[Diet Tip for Men] Lose five pounds instantly! Shave your crotch.

 Likes 531  Comments 85

 To like or comment, visit http://on.fb.me/man_effort

Some men have asked me, "Why should I put more effort in my relationship? Shouldn't she do it?" Firstly, yes... both parties need to put in effort. But for men specifically, I ask you: Do you as a man want to look at your wife across the breakfast table in the future and say, "Damn, I gave you my best years..." only to hear her reply, "Those were your best?"

 Likes 444  Comments 49

 To like or comment, visit http://on.fb.me/those_were_your_best

Some men like boobs. Some men are.

 Likes 727  Comments 132

 To like or comment, visit http://on.fb.me/some_men_are


Top Five Warning Signs Of A Relationship That May Not Make It:
1) Demonstrated failure to support each other's growth. 2) Feeling threatened by a spouse's success. 3) Jealousy... of any kind, as it leads to resentment. 4) Selfishness... meaning more focus on what you are getting than what you are giving. 5) Forgetting that your other half is also an individual, not just a spouse.

 Likes 634  Comments 69

 To like or comment, visit http://on.fb.me/top_five_warnings

How does a man know he's in a committed relationship? When he can hear her eyes rolling over a text message. ;)

 Likes 722  Comments 42

 To like or comment, visit http://on.fb.me/eye_roll

Dear Men: Given a choice, most women want your presence, not just your presents. My advice: Put effort into your relationship with your heart and mind, not your wallet.

 Likes 904  Comments 120

 To like or comment, visit http://on.fb.me/not_just_presents

[The Shift] Change your relationship instantly by shifting your mindset. Don't expect to receive... give, and see what comes back to you 10-fold.

 Likes 439  Comments 59

 To like or comment, visit http://on.fb.me/relationship_shift

You'll never meet the right person if you don't get out of your own way. No matter what's happened in your past, you owe it to yourself to give it a shot... for YOU!

 Likes 812  Comments 81

 To like or comment, visit http://on.fb.me/give_you_a_shot


Ladies: Don't let anyone tell you that you don't deserve your own happiness. You CAN be more than one thing... more than a mother... more than a wife/girlfriend. You are a woman *first* and all those other things are PART of you as a woman. You can be whatever you choose, and any combination of what you want. You DESERVE to be you.

 Likes 849  Comments 165

 To like or comment, visit http://on.fb.me/you_should_be_you

So many children are taught by example that success is more important than kindness... that being right is more important than being empathetic... that keeping your options open is more important than being loyal. And from that early age, society inadvertently sets the low standard for relationships and marriage later in life.

 Likes 527  Comments 69

 To like or comment, visit http://on.fb.me/by_example

Ladies: It is NOT your job to "change" him. It is HIS job to grow as a man... and as a human being. Besides, people only change when they want to... you can't force growth..

 Likes 1,029  Comments 107

 To like or comment, visit http://on.fb.me/he_needs_to_grow

Women would be more accepting of "the way men are" if more men actually made an effort to be more like women wanted them to be.

 Likes 571  Comments 93

 To like or comment, visit http://on.fb.me/how_she_wants

To the men who call me a misandrist: Misandry means you hate men... it doesn't mean you hate men because you are telling them what THEY DO. NOT. WANT. TO. HEAR. So if it makes you feel better, be pissed. :) Both here and in my book, I'm talkin' three parts relationship equality, two parts common sense, one part humor. If it's easier to hate me instead of facing your own insecurities, you have my permission to hate me. I'm good with it. :D

 Likes 523  Comments 66

 To like or comment, visit http://on.fb.me/i_dont_hate_men_dammit

Why do some men start strong in relationships and then end up treating women like shit? Two reasons: 1) Because women *allow* it to happen, thinking that it's just temporary behavior, or that they can change him back to how he was at the beginning; and 2) When they look at her, they see their own short-comings... and then bash her to make themselves feel better.

 Likes 677  Comments 184

 To like or comment, visit http://on.fb.me/stop_allowing


Naughty, passionate thoughts make any relationship great. But telling them and then acting on those thoughts make it even better.

 Likes 536  Comments 43

 To like or comment, visit http://on.fb.me/bad_thoughts


Are relationship issues *entirely* the fault of men? Absolutely NOT. Women who continually pick a\$\$hole men and/or don't demand more from the men in their lives will get walked on—pure and simple. The cure: Don't give *all* of you in a relationship. Keep your individuality and self-worth front-and-center. If you do, you will never settle for second-best.

 Likes 594  Comments 71

 To like or comment, visit http://on.fb.me/at_fault

Dear Men: If you're the type of guy who thinks she's "all yours", but you take her for granted and fail to show her she's important, how long do you think she's gonna be with you? I guarantee there is a man out there that is WAITING for you to slip up... think about it. (Note: Being a great father is NOT the same and doesn't count as showing her she's important. It shows you are dedicated to your kids — which is GREAT! — but that isn't about her.)

 Likes 999  Comments 122

 To like or comment, visit http://on.fb.me/all_yours

Dear Men: She definitely wants her prince to come... but a proper prince will make sure she comes first. ;)

 Likes 1,108  Comments 77

 To like or comment, visit http://on.fb.me/who_comes_first

One of the best feelings in the world for a man is the first time a woman tells him she loves him. It's just unfortunate how many men forget. If more men would treat each time she says it like the first time, relationships would be very different.

 Likes 798  Comments 82

 To like or comment, visit http://on.fb.me/the_first_time

More men need to realize that a successful relationship doesn't necessarily hinge on what they *do* for the woman in their life. It's what men learn about *themselves*... and then how they apply it back to their relationship *with* her that makes all the difference.

 Likes 433  Comments 39

 To like or comment, visit http://on.fb.me/what_he_learns

My advice to married men: Treat your wife like she was still your girlfriend. You'll see an *instant* change for the better, as so many men become complacent and take their wives for granted... instead of staying grateful, emotionally-connected, and passionate.

 Likes 647  Comments 89

 To like or comment, visit http://on.fb.me/married_advice

[Control Issues] Men need to listen more than they speak, accept more than they criticize, and believe more than they doubt when relating to the women in their lives. Not that women are perfect... just that understanding someone's point-of-view—without solving their problem—is something many men need to improve on.

 Likes 455  Comments 54

 To like or comment, visit http://on.fb.me/control_issues

To the women writing in to me asking, "Charles, why do I always end up with the a\$\$holes?" With all due respect, you need to recognize that you don't "end up" with them... you SEEK THEM OUT. And, when selecting one of these emotionally-bankrupt men, you are also *rejecting* others that will be good for you. Don't be a victim... take control. :) My question to you: When will you up your standards and stop settling for second-best?

 Likes 531  Comments 67

 To like or comment, visit http://on.fb.me/you_seek_them

Bob Marley said, "Truth is, everybody is going to hurt you; you just gotta find the ones worth suffering for." Umm... no. You aren't supposed to suffer in a relationship... you're supposed to *want* to be there. What's the point if sharing yourself with someone if your guaranteed to suffer? Better to find someone who wants you... who desires you.

 Likes 871  Comments 127

 To like or comment, visit http://on.fb.me/sorry_bob

Relationship Tip: Turn off the TV, close your web browser, put your phone away, and/or fold up the newspaper and *make eye contact* when you speak with your significant other. (Guaranteed to make a difference.)

 Likes 628  Comments 71

 To like or comment, visit http://on.fb.me/relationship_tip

In response to those that ask: "Charles, is it 'Once a cheater, ALWAYS a cheater?'" Cheating is the ultimate betrayal. My advice: Learn what you can from the experience and move on. It's not that cheaters don't change their spots... that's immaterial. I'm just sayin' this: Why put more effort into someone who sold you the f*ck out?

 Likes 549  Comments 123

 To like or comment, visit http://on.fb.me/always_a_cheater

There are so many people try to mold/change their significant others into what they wish/want them to be. That doesn't work. You can only control how you act/react to any issues that come your way. People change and grow because they WANT to... and not *for* anyone or outside reason.

 Likes 487  Comments 57

 To like or comment, visit http://on.fb.me/because_they_want_to


One of the number one killers of long-term relationships: Being taken for granted. Lack of gratitude leads to resentment... which creates a whole host of problems. The cure: Be appreciative... not only of what they do, but who they are.

 Likes 694  Comments 131

 To like or comment, visit http://on.fb.me/gratitude_or_resentment

To the women who write in saying, "I hate way he treats me. I left, but then he makes me come back." Sorry... but he's not *making you* go back... you are *choosing*. Oftentimes, the choice to go back to a bad relationship is driven by either guilt, fear of change, or both. My advice: If it's bad, it's BAD... no point in going back for guilt.

 Likes 529  Comments 123

 To like or comment, visit http://on.fb.me/bad_is_bad

Marrying a man who is emotionally unavailable is like masturbating with a cheese grater: stimulating, but very painful.

 Likes 717  Comments 110

 To like or comment, visit http://on.fb.me/cheese_grater

The secret to romantic relationships: Figure out what you want, and learn how to ask for it. Is it hard? Perhaps... but, you're here on this page... (and you might have read my book)... that's hard. And you're willing to listen to me and others here... that's hard, too. So, I tend to think you might be tougher than you think... now just keep going. :)

 Likes 325  Comments 78

 To like or comment, visit http://on.fb.me/ask_for_it

In response to the multitude of emails asking, "How can a woman spot when a man is playing her?" Answer: The BIGGEST sign that a woman is being played by a man is (unfortunately) herself. :\ She starts making excuses for his bad behavior, justifying his mood swings and lack of interest, and she starts *settling for second-best*. Ladies, take it from a reformed player: Men can only play you if you ALLOW IT TO HAPPEN.

 Likes 494  Comments 111

 To like or comment, visit http://on.fb.me/getting_played

A great relationship is the result of both people putting in effort, living their individual lives and then sharing with each other, with the recognition that life and love are fun... it doesn't have to be so damned serious or responsible all the time. :)

 Likes 857  Comments 68

 To like or comment, visit http://on.fb.me/love_and_effort

The Simple Truth: If you're constantly wondering where your relationship stands... you already have your answer. My question to you: How long will you play the "If I do even more, they'll love me... I just know it" game?

 Likes 632  Comments 65

 To like or comment, visit http://on.fb.me/simple_truth

Compromise in relationships is normal... provided you aren't compromising who you are and what you truly want from life. That kind of compromise leads to resentment.

 Likes 598  Comments 35

 To like or comment, visit http://on.fb.me/who_you_are

In response to the hundreds of emails stating: "My ex is an a\$\$hole! He cheated on me so many times!" Okay... if he cheated, then he's an ass. BUT... you have some accountability there. After he cheated ONE TIME, why the HELL did you get back together with him!?!?

 Likes 809  Comments 131

 To like or comment, visit http://on.fb.me/asshole_exs

Ladies: If the man you're dating is more interested in the size of your chest rather than the length of your laugh, you might think about trading up.

 Likes 799  Comments 80

 To like or comment, visit http://on.fb.me/boob_size

[Something SO many men fail to understand] When a woman brings up something a man did two years ago that pisses her off, she's not necessarily living in the past or bringing up old stuff. Much of the time, she's pissed because he JUST DID IT AGAIN!

 Likes 1,140  Comments 116

 To like or comment, visit http://on.fb.me/did_it_again

Men: Want to satisfy your lady completely? Make love to her for six straight hours. Allow me to elaborate: Alternate between cleaning the house and kissing her for the first five hours... then take her to bed for 30 minutes of unbridled, the-kids-are-at-the-babysitter's passion. Finally, have her choose between a shower together, a shower alone, or cuddling/pillow talk. You'll be a hero.

 Likes 811  Comments 132

 To like or comment, visit http://on.fb.me/hero_guy

Don't waste time trying to find or create the perfect partner. If you invest time in creating the best YOU, not only will the right person will be along, but you will lose your pull/attraction to the wrong type of person.

 Likes 608  Comments 70

 To like or comment, visit http://on.fb.me/the_best_you

[Dating] Pulling out chairs and opening doors are all signs of a gentleman, but how does he treat other people in your presence? Men who feel the need to show their masculinity by insulting/abusing service personnel—food/cocktail servers, coffee shop cashiers, whatever—aren't worth your time. How he treats others is a direct reflection of how he will treat you.

 Likes 540  Comments 59

 To like or comment, visit http://on.fb.me/treats_others

[Repetitive Motion] Men: Please note that the clitoris isn't a crosswalk signal button. You can press it and press it and press it... but pressing it *harder* will not necessarily make it come any faster. Patience...

 Likes 620  Comments 91

 To like or comment, visit http://on.fb.me/crosswalk_clitoris

Relationships are about give and take. GIVE them your best, and TAKE care of them... or GIVE them the boot before you choose to TAKE any long-term bulls*it.

 Likes 927  Comments 42

 To like or comment, visit http://on.fb.me/give_and_take

Women who are constantly interested in men *with potential* are setting themselves up for failure. POTENTIAL doesn't equal honor, security, honesty, and respect TODAY. Men need to find their OWN path in order to discover what they have to offer for a woman in a long-term relationship.

 Likes 471  Comments 53

 To like or comment, visit http://on.fb.me/with_potential


Being insecure in a relationship isn't about fear of losing them... it's about lack of control. People need to realize that you can *only* control yourself—and the other person is going to do what they do *regardless*; there is nothing you can do about it but trust... or leave. My advice: If you aren't willing to trust—or feel that they aren't worthy to trust—revisit why you are with them in the first place.

 Likes 627  Comments 69

 To like or comment, visit http://on.fb.me/control_and_fear

[Showing men what it's like] Ladies: Head out to a coffee shop with your friends. When a good looking man passes, "whisper" loudly to your friends, "Damn! I'd hit that shit!!"

 Likes 568  Comments 84

 To like or comment, visit http://on.fb.me/hit_that

Want a man to respect you? Be his equal and push back. Want a man to love you? Keep your standards high and allow him to earn your love from the very beginning of the relationship... and never settle for his second-best.

 Likes 955  Comments 68

 To like or comment, visit http://on.fb.me/respect_and_equality

The most common behaviors of someone having an affair: 1) A sudden change in their availability (read: never home anymore without a “real” reason, i.e. school/hobby, planned activity with friends, etc.). 2) Them constantly suspicious of YOU cheating. 3) Passwords on cellphones and computers for no apparent reason.

 Likes 465  Comments 118



To like or comment, visit http://on.fb.me/signs_of_affairs

Men: If you're going to do something romantic, anyone can call a florist and say, "A dozen roses, please." It's different when you call and collaborate with them to create an arrangement. It takes 10 minutes, but makes all the difference when received.

 Likes 464  Comments 108



To like or comment, visit http://on.fb.me/effort_and_romance

[Conversation Tip for Men] A woman's breasts have neither eyes nor ears... so, they cannot respond to you if you stare at them or speak to them.

 Likes 621  Comments 84



To like or comment, visit http://on.fb.me/breasts_cant_see_or_hear

Men: When she tells you, "Can we talk?"... she's not looking for you to solve the problem; she just wants you to *listen*... to *hear her*... to empathize. She might get to a point where she wants your opinion/advice, but she'll ask for that. Best advice: Just listen without fixing it for her.

 Likes 539  Comments 111

 To like or comment, visit http://on.fb.me/listen_not_talk

Control struggles damage self-esteem, and it's [some] women—in their constant effort to improve/change/save the relationship—who consistently take in the most emotional damage as they try to adjust and change themselves to become “acceptable” to [some] men. To change these conditions, women need to take back control and hold the line with what they want and need as *WOMEN*, beyond the titles of "wife" or "mother".

 Likes 483  Comments 116

 To like or comment, visit http://on.fb.me/control_and_esteem

In response to the 100+ women who have written in stating: "He lies to me, cheats on me, and is sometimes verbally abusive... but I love him." This is the statement of a VICTIM. Yes, it can be difficult to leave a bad relationship (finances, kids, etc.), but the *hardest* part is to make the decision. Taking control and CHOOSING not to be a victim is how you rebuild self-esteem, self-worth, and empowerment.

 Likes 570  Comments 160

 To like or comment, visit http://on.fb.me/lie_and_cheat

In a great relationship, you should be happy being together, not grateful you aren't apart. The first is bliss, the second is fear.

 Likes 565  Comments 72

 To like or comment, visit http://on.fb.me/happy_not_fearful

Relationship Killer: Interrupting while they talk. You might *think* you know what they're gonna say... but are you *sure* you know... and know the manner in which it's intended? Best advice: LISTEN... *then* you'll know.

 Likes 447  Comments 56

 To like or comment, visit http://on.fb.me/relationship_killer

Many men who claim they are not attracted to confident, powerful women aren't being complete honest. For many, it's not that they aren't attracted to them... it's that these men are intimidated. And by "intimidated", I don't mean "afraid"... I mean insecure and threatened. These are men who have their masculinity built on all the wrong things.

 Likes 487  Comments 161

 To like or comment, visit http://on.fb.me/threatened_and_intimidated

Watching the male cat across the street marking his territory, I'm reminded of ex's that won't let go—even though you've made it clear that it's OVER. It's like they're saying, "Once I've had you, you are MINE... forever." WTF ever... and it's not just men... PLENTY of women marking men this way, too.

 Likes 426  Comments 147

 To like or comment, visit http://on.fb.me/youre_mine_forever

Ladies: Don't lower your standards. If/When you do, the men who currently don't bring effort to relationships will do even less... causing you to lower your expectations even further. Stop accepting less, and the men who have been slacking off will be forced to step up and raise the bar—or risk being alone.

 Likes 544  Comments 108

 To like or comment, visit http://on.fb.me/keep_your_standards

In-love with someone who runs hot-and-cold? Instead of trying to adjust yourself and your expectations (over and over again) for someone who will constantly change the game, you need to make a clear, empowered decision that you will not settle for anyone's half-assed, second-best approach to being involved with you—in any capacity. You are worth more than they way they are treating you, and you need to stop settling for it and tolerating it.

 Likes 824  Comments 138

 To like or comment, visit http://on.fb.me/hot_and_cold

To those who write in asking, "How can I get them to stop ignoring me... and change?" Answer: You've can't "make" anyone do anything... you can only decide how you will act and react to that kind of behavior. If you choose to keep putting more and more effort in without it being returned, you are enabling it. My advice: Take a big step back and look at what you are getting—and what you aren't getting—from the relationship. From there, I would bet the decision to stay or go would be quite easy.

 Likes 389  Comments 63

 To like or comment, visit http://on.fb.me/stop_ignoring

Men: When dating, it's nearly *always* the little things that make their lasting mark... and the same holds true for long-term relationships. Open her door, write her a love note, call her for no reason to tell her you love her, send her a random sext message in the middle of the day. Virtually guaranteed to make her smile.

 Likes 719  Comments 101

 To like or comment, visit http://on.fb.me/the_little_things

[Dating] Ladies: Who he is on the fifth date isn't necessarily who he will be after the fifth month. Yes, everyone changes... but they also reveal who they are slowly over time. Keep your wits about you.

 Likes 383  Comments 101

 To like or comment, visit http://on.fb.me/everyone_changes

It's not that some men are afraid of commitment... it's that some men are afraid of *limiting their options*... thinking something better is coming in the future. If these men constantly believe the "grass is greener" elsewhere and don't pay attention, their current lawn will eventually be mowed by someone else.

 Likes 890  Comments 91

 To like or comment, visit http://on.fb.me/limiting_their_options

I've been accused by some of attacking ALL men on this page, stereotyping and generally hating on men. Not so. Point of fact: I AM a man... and I'm not hating on me or other men. I'm calling SOME men (and SOME women, too) out on their bulls*it, nothing more. So, a full disclaimer for me, this page and my writing: What I write applies to SOME men, not all. And for SOME women, not all. And to SOME relationships, not all. And I don't think I'm perfect... not even close. :) Take only as directed. May have side effects that are undocumented. Don't iron clothes while wearing them. Don't use hair dryers in the bathtub. :D

 Likes 528  Comments 98

 To like or comment, visit http://on.fb.me/bash_on_charles

PART TWO
ESSAYS AND ARTICLES

The Untold Dynamics of Oral Sex The Submissive Nature of [Some] Men?

Call it what you want: oral sex, going down... for some women, it's the worst part of their sex life. For others, it's a way of getting close to the man they love. And men... well... many [most?] men seem to live for it. But what of the common lament from men ("The fastest way to stop a woman from performing oral sex is to marry her!"), and what are the real motivators on both sides of this sexual equation? I asked these questions on Facebook, Twitter, and via email and received over 250 responses. Anonymity was an option for the women choosing to respond, and nearly all were submitted without any identifying information, so the data is real... and raw.

Some of these women loved the inherent intimacy this personal act provided. It was an adjunct to their sex life, serving as a connection to their husbands/boyfriends when the day-to-day of life lingers and disallows spontaneity:

"When I first started dating my husband, it happened all the time and I loved it. For many years—and when I had the luxury of sleeping in—it was always a lot of fun. And I also believe that it shows my husband how much I care for him still and only want to be with him. Nine years later, it's a little more challenging to get around to doing it as often as I'd like, but two young kids will do that to you. I still enjoy it and can tell that my husband does too. And it's sort of our sign to each other that tonight is the night to take our time and enjoy each other."

Some were disgusted by the entire prospect of oral sex ... period.

"I HATE IT! I hate doing it, I hate the thought of it, I hate everything about it! Come on, that is where you pee from! He of course BEGS for it ALL THE TIME! Seriously, I tried to like it for him. I really did. I tried and tried and tried and threw up all over him (which completely ruined the mood!). And for the record, I am one of those women who enjoys watching porn! I just can't do it!"

And some had the funniest stories:

"I was crazy in love with this southern boy many years ago (he was the guy who I ended up liking drunk more than sober.) Of course, I wanted to ... you know... and well it didn't go over well. Without getting into too much detail, he basically told me I sucked ... literally! All I remember was

that he looked up from the pillow, with his lips curled around his teeth, rapidly pointing at them mumbling, "TOO MUCH TEETH, TOO MUCH TEETH! IT'S NOT A STRAW!" I was so embarrassed. I wanted to crawl under the bed and die. I thought I was 'really good'. I think I was absent the day they taught that portion of Sex Ed in 8th grade."

As I read these private accounts of sex, I noticed something: the "sweet-and-innocent" and "Eww!" stories were at opposite ends of the bell curve. The majority of respondents were in the middle, where the motivators for oral sex are not so clear-cut. The act of oral sex is filled with issues. Intimacy and trust spring to mind instantly... but the less discussed—and perhaps most important—issues loom like the proverbial elephant in the room: control and dominance.

A large percentage of a man's ego is built on his virility, as well as a multitude of other sexually-charged items: penis size, number of women he's bedded, sexual prowess and "skill"... the list goes on and on. And given the anemic economy, men who have lost their jobs are looking to improve their self-esteems, and rejuvenate their identities. I'm not suggesting that oral sex is a man's way of finding self-worth, but a when a man is "in control," it can often counteract feelings of inadequacy, serving as a distraction to balance out any negative feelings. But is he truly in control when a woman is down on him?

Sex is the subject men discuss with their cohorts, both before a date and after—often with the same question asked: "Yo! Did you 'hit it'?" So, it's not surprising that as specific acts are discussed, a man would think he's in charge. And receiving oral sex might serve as the prime example of a man under the false assumption that he is in control.

Now, look; I am not about to field a bunch of e-mail from women about how oral sex is evil, or from men about how I'm screwing up their sex lives. Let's get this out of the way: Sex and all things to do with sex are great. As long as everyone one is agreeable and having fun, then it doesn't matter. What I'm alluding to is the motivation for the act—why he wants it, and why she wants to do it. According to my survey—as well as the research I carried out to write *The Problem with Women...* is Men the reasons for women wanting to perform the act vary. The loving reasons I allude to above, but what I also discovered was an undertow in the Ocean of Love: women gaining control over the men, with men their [apparent] cooperative, willing submissives.

"I LOVE going down there for my fiancé! It makes me feel very empowered to know that I am capable of giving him maximum pleasure!!!" "My friend told me how she gives her husband oral sex when

she wants something big. The trick is to hold out for a while ... like a couple of weeks. Then go for it, give him the best [expletive] of your life."

"Going down? I love it. I really do. It puts you in a powerful place for negotiating to get things done your way and I've yet to meet a man who would say no to it." "How do you think I am able to go shopping, slack on the laundry, and take bubble baths in the evening? Even hinting at going down will have him saying, 'Yes honey; whatever you want,' for a week... at LEAST."

In delving further with some of these respondents, we discovered that the truth—the seduction for them, if you will—of why they like performing oral sex was the power they gained... the control. Which makes complete sense when you consider the act. Truth be told, regardless of if he's holding the woman's head/hair, standing over her with her on her knees, whatever... he is still a submissive. Need more proof?

Picture it: There he is on his back, arms stretched out, eyes closed, completely at the woman's mercy—with the most sensitive part of his anatomy exposed and defenseless (not to mention that it's placed in an area where it could be severed from his body). This is a man in control? Of course not. This sexual act is the epitome of physical and emotional vulnerability. He is 100% *devoid* of control. It's also interesting that so many men prefer oral sex to intercourse. Perhaps if more women recognized how naturally submissive many men seem to be, they would put their foot down more often instead of putting up with constant passive aggression and pseudo-controlling behavior.



To like or comment, visit http://on.fb.me/oral_sex

The Red Flags of Dating

To help women tackle the well-known problems they have in their relationships with men, there are a number of popular TV shows, websites, newsletters, and self-help books that attempt to discuss what men are all about, and purport to help women understand men better. Women—generally being the more insightful and self-effacing gender—write the majority of these self-help tomes, so a man's perspective on his thoughts and actions is conspicuously missing. In my opinion (and with no disrespect intended toward those female writers), it doesn't matter how a woman analyzes and assesses men's societal ills, or how many focus groups she holds; she is still not a man... and she never will be. She is attempting to interpret men; her data-driven research is internalized and offered solely from a woman's point of view, and thus incomplete. There is no choice but for her views to be skewed, because they're based on the following societal program/lie: Women are responsible for the problems in relationships, and must fix them. But that is completely inaccurate, and is one of the reasons I offer the following insights into the world of men from a man's point of view... as a man who has been on both side of the fence—womanizer turned dedicated husband and father.

I'm asked by women (and some men) constantly to assess their romantic situations. Aside from wanting personal validation (read: "Charles, am I 'right' that [insert guy's name here] is a jerk because [insert reason here]?"), most want to know if what they are experiencing are warning signs of: 1) Issues that can harm a relationship long-term; 2) Problems that can be solved quickly; 3) Behaviors that are going to end a relationship.

These issues rear their heads at different times during a relationship, and analyzing the challenges of an established relationship is very different than issues that appear during dating/courtship. But after speaking with a couple thousand people over the past seven years, there are some universal warning signs that occur at the beginning of a relationship—and then (most of the time) get worse as time marches on.

Let's address the Top Five:

5. No thought into the date: Venues for first dates should follow three basic guidelines: public, conservative, and casual... but they should also reflect some notion of planning (even if it's a blind date). Whether you go for coffee, head to the beach, or declare paintball war, points should be given to men who plan, think, and stay focused on the date itself, not

on what they might want to happen at the conclusion of it (hint-hint, nudge-nudge). However, keep in mind: Early dates are the standard by which your entire relationship will be measured subconsciously as it matures. Set the bar high, and keep the bar high. If he starts strong and peters off (usually after you hit the bedroom a couple of times), it might be time to reassess things.

4. Confidence: Successful relationships are built on equality, to be sure, but men should still come with a confidence that shows them as a leader. This may sound basic, but many men seem to have missed this boat—perhaps through insecurity, a checkered romantic past, or (the worst offender) indifference—and aren't able to make a decision, react correctly in social situations, or even plan a date. He doesn't need to have all the answers, but he needs to bring at least 50% of things to the table. If you find yourself putting more into the relationship than you planned, talk about it. If it doesn't change, pack your bags.

3. The "Little Things": Small behaviors are sometimes the biggest telltale signs. Ordering for you at a restaurant is nice, but not if he hasn't asked you what you want first. Being half-a-step ahead of you as you walk holding hands, visually coping a feel by staring at your breasts as he talks to you, or automatically interpreting your first kiss as a precursor for sex are all red flags.

2. Communication: Meaning: " The imparting or exchanging of information or news". But, please note a key phrase in that definition: an exchange of information. Men who talk about themselves a majority of the time when you're dating might be trying to impress, but more than likely they are also self-absorbed. "Communication" also means active listening... and if he's not listening to you upfront, he probably won't later.

1. Courtesy: When dating, the one thing that is noticeable right away is courtesy. Yes, pulling out chairs, opening doors, and paying the check are all signs of a gentleman (and hopefully that behavior stays throughout the relationship). However, one of the biggest red flags often isn't addressed: How does he treat other people in your presence? Bashing ex-girlfriends, talking trash about friends, snide remarks about your friends... these are all warning signs. And men who need to show their masculinity by insulting/abusing service personnel—food/cocktail servers, coffee shop cashiers, whatever—aren't worth your time. Period. How he treats others is a direct reflection of how he will treat you.

These five things—as basic and mundane as they sound—hold the keys to early success in relationships... and are telltale signs of the kind of

man a woman has encountered. I say this confidently, as these were traits that I not only exhibited as a single... uh... "morally-challenged" young man (and these behaviors fortunately/unfortunately helped me further my selfish wants), but also today as genuine effort into my marriage and friendship with the incredible women that is sharing her life with me.

Ladies: There are some great men out there, but you won't find them if you ignore the warning signs and sacrifice your self-worth and settle. Keep in mind that no matter how good he looks on the dance floor or how sweetly he pulled out your chair for you on your first date, some other woman has most likely told him (recently) that she was sick and tired of his bullshit. Stay vigilant, hold your ground and demand more from the men in your life.



To like or comment, visit http://on.fb.me/red_flags

Why Men (and Women) Cheat

The age-old question: What makes a person in a marriage or committed relationship cheat? Despite recent articles that suggest that there is a cheating gene ingrained into the DNA of some men (Really? Come on, now!), the real answer depends on whether you're talking about a woman or a man. Several credible infidelity studies have found that men and women who are cheating on their spouses gave different reasons to justify their extramarital affairs.

Cheating was one of the subjects I covered with 1,200+ women and 400+ men in my research to write *The Problem with Women... is Men* (Volume I); the results were fascinating. Aside from infidelity being identified as one of the four core flaws in men (as discussed in my book), the sad truth is that being caught—albeit subconsciously—was evidently the long-term goal.

Women reported that they cheat mostly for emotional reasons, which highlights the contrast on how the genders identify the “reasons” for sex... the top reasons are:

- Lack of emotional intimacy
- Marital or relationship unhappiness
- Reaffirm her desirability
- To re-experience feelings of romance
- Loneliness

Of the men polled, 80% openly admitted to cheating largely for physical or sexual gratification with no emotional tie. Rounding out the top reasons men cheat included:

- Just want to have sex or sexual variety
- Presented with an opportunity to have sex, without getting immediately caught
- Satisfy sexual curiosity about having sex with a particular person
- The “thrill of the chase”
- The desire to feel important or special (an ego boost)

However, in delving further into the mens' reasons, I discovered that most of the men felt that they were “unable to get out of their relationship” prior to their infidelity, which translated into the simple fact that they lacked the skills/respect to maturely discuss their unhappiness

with their significant other. In short, they acknowledged that they were unhappy and looking for a way out... but they couldn't bring themselves to pull the trigger on the relationship. If they cheated and got caught (most long-term cheaters do end up getting caught), they were able to quickly turn the tables, telling their spouse how it was THEIR fault they cheated because [insert reason here: not enough sex, boredom, etc.].

Look, I get it: Monogamy isn't for everyone... and that's all-good. But, if you've made promises, stick to them. If you're not willing to stay faithful, at least have the decency and respect (and SELF-respect) to end the current relationship first. Cheating is a choice. Period.



To like or comment, visit http://on.fb.me/why_they_cheat

The Saturday Guy

When first dating, men usually go above and beyond in their efforts to listen, please, and participate — romantically, physically, and monetarily. However, once they have put in the initial effort and their needs start being met, behavior can change and the effort they've been putting in slows. Often, men then start providing the bare minimum required, leaving women wondering what the hell happened, and why he is putting in less and less (as she started putting more into the relationship to compensate). Nowhere is this more glaring than on weekends.

If a man works all week, most often he looks his best Monday through Friday — shaven, pressed, combed, and spritzed with pleasant scents. And if Friday brings date night, that effort might stay at the forefront. But then, inexplicably, a transformation happens sometime between late Friday night and Saturday morning.

Enter: the Saturday Guy. Hair unkempt, unshaven, shorts, tank top, flip-flops, without a care in the world.

Truth be told, I've been found by my wife in this dilapidated condition more times than I care to remember. After a long week of work, commuting, and with a mind full of the NEXT week's work to come, I just want to zone, chill out on the couch, and let cable TV wash over me. I'm just trying to unwind. Weekends are for relaxing, right? Of course! But in reflecting, it's not right to give the outside world my best, and leave the crumbs for my family. With a gentle reminder from her, I become aware of my physical state and, summoning what's left of my pride after being caught, I shuffle off to make myself presentable before our kids are fully conscious of my deplorable condition.

But the Saturday Guy doesn't always listen. He is stubborn, and can stay around for a while, passive-aggressively promising to do what's needed (for his family/significant other, for the house). But before long, Saturday morning is gone and 4:00 PM rolls around. Then, this situation is further compounded when "the Phone Call" comes in Saturday evening.

After giving their best to others all week, some men will put in zero effort all day Saturday, dead to the world, complaining that they are tired, run-down after a long week, just wanting to relax... which may, if fact, be true... but then... the Phone Call. It's the guys, and it's Saturday night — time to go out/play poker/get a cocktail/hit the club. Miraculously, this

tired, run-down man is cured, and he levitates off the couch with vigor, is showered, shaved, and shining by the door, kissing his loved ones as he exits for a night of further unwinding. (And is his wife left to “relax” at home with the kids?)

This is a long-held double standard that challenges relationships. Whether dating or married, the Saturday Guy doesn't have a place anymore. Sure, relaxing on the weekends is part of what rejuvenates us, resetting us for the coming week. But when the Saturday Guy prevails and leaves those around him without the man they love, something should change. (Besides, if he does go out with the guys Saturday night, we haven't even discussed the aftermath: the Sunday Guy with a Hangover.)

(And yes... there are most CERTAINLY women who exhibit these Saturday qualities, too... but that is the subject for a different article. ;)



To like or comment, visit http://on.fb.me/saturday_guy

Boomerang Men Why Exs Come Back

Boomerang—noun: a curved piece of wood; when properly thrown will return to thrower

Boomerang Man—annoying: a man that a woman has stopped being romantically involved with, gets in contact for unknown reasons. (See booMANerang)

Every romantic relationship has an "original agreement, whether it's sexual, financial, emotional, or a combination of all three. And when this original agreement isn't being fulfilled, it causes the relationship to stall, or end. Although there are plenty of exceptions, statistically this happens most in new relationships, and it seems to be the woman that breaks things off for a number of reasons. If it's really that early in the relationship, the reasons are usually big... "dealbreakers" of a sort. And, if the woman has a firm sense of her self-esteem, things like cheating and lying aren't be forgiven. As such, the relationship may end abruptly, and the man is told (on no uncertain terms) to be gone.

The million-dollar question: After this kind of break-up, why do some men come back, or get in contact with the woman again after some time has passed? From an anonymous reader:

"I've had almost every guy of every type of relationship in the spectrum come back over the years. What prompted me to email you was that I received a well-wishing text yesterday from one I'd say I casually dated for a few months. it ended very badly back in February after I discovered him lying about some things - and I told him to never contact me again - until yesterday he respected my wishes. I've always said that men are like boomerangs, but I never in a million years thought this one would reach out to me again for any reason especially because I shamed him once he confessed to everything that was going on.

Men learn from their mistakes, but not as quickly as some women would hope, and sometimes they come back to try again after they learn some new things... which usually doesn't jibe well. But why do they return? Well, there are a few possibilities:

1) Epic Sex: No man wants to give up good sex. If there was a good physical relationship, it's a good reason for him to return. The question:

Is the woman able to separate the physical stuff that works in the relationship, with the emotional aspects that may be lacking?

2) The Do-Over: When it comes to relationships, most men are experiential learners, and they learn more by making mistakes. After they've made a few, they end up altering some things (behavior, patterns) and set out to their next relationship, presumably more prepared. If he made a bunch of mistakes with a past partner, yet felt that there was some kind of connection, he may return for a second go-round. Note, however, that relationship dynamics tend to stay the same, even on a second try. After all, when you pull milk out of the 'fridge and it's spoiled, you don't put it back and hope it's fresh tomorrow. Sometimes, you just have to throw it out.

3) Single... again: Men on the rebound tend to reconnect with past girlfriends/lovers. The reasons vary, but mostly due to the above-mentioned motivations. By reaching out with a simple phone call, email or text message, he's testing the waters and will gauge what is possible by the woman's reaction.



To like or comment, visit http://on.fb.me/boomerang_men

Long-term Relationships, Romance and Lingerie

Couples start strong in the romance department: frequent sex, spontaneity, candlelight... then—sometimes—a chain of events changes things:

- They get married.
- They have a baby.
- She goes back to work (or is inundated with the boredom of home life), he gets back to the grind.
- They get tired and into the humdrum of toddlerhood.
- He stops shaving... and so does she. Both wear sweats on the weekend.

Rinse. Repeat.

Does this happily-never-after story sound familiar to you? Do you long for it to be like the "good ole days"? The truth is, many couples feel this way... you want to feel and look good/hot/sexy in and out of the bedroom. You want to please your significant other and feel like their very own supermodel, but the truth is you're happy wearing old boxers and a t-shirt. Plus, in this recession, what's the point of spending money on some see-through, lacy get-up when naked is FREE!?

The Why: Lingerie is one of the most inexpensive—and often overlooked—ways of rekindling romance in the bedroom... for both men and women.

First, please allow me a disclaimer: I cannot speak for all men or women. There are a wide variety of opinions and wants... and I can only offer a combination of my opinions and experiences, as well as my impressions of the opinions of other men I've spoken with... but that's all.

Bras and G-strings, teddies and baby dolls, negligees, corsets and bustiers, and role-play clothing (nurses outfits and the like) ... lingerie can take on many meanings. From sexy to risqué to kinky — it is completely based on the wants/needs of the couple. So what is it about leather and/or lace that move the proverbial meter for men?

When it comes to men, the reasons range from primal to romantic. For some, feeling like she did something especially for him can be

flattering ... and lingerie offers him a glimpse (and only a teasing glimpse) of the woman he loves as only he sees her. And with all that daily life brings us, it can be hard to keep that sense of "newness" and romance ... and something sexy can be a welcome addition to the bedroom.

But it's not just men who get a positive charge out of lingerie. Women are women first, and wives/mothers/girlfriends second... and they want to keep their femininity up-front-and-center... not as an afterthought. Some women wear something sexy under their everyday clothes to feel sexy throughout the day (as do some men... but that's a subject for a different article). According to the women I've spoken with, it only gives them more confidence, they feel more empowered. And wearing something sensual and revealing for an evening between the sheets can add to anticipation, and eliminate humdrumish feelings of work/kids/house/finances/etc.

Keep in mind, though, that lingerie is an extension of a couple's sensuality and sex life. If someone comes home with a gift you're not into (barbed wire, anyone?), you might need to guide things a little. A suggestion might be to go shopping for lingerie together. If you both end up in the dressing room together—trying things on and taking them off—beware of salespeople and mall cops, as they may not be forgiving if you are found in flagrante delicto. But taking your significant other shopping with you kills two birds with one stone: anticipation will be at a high for that evening, and they'll know that the Cat 'o Nine Tails you were thinking about purchasing might not be your speed.



To like or comment, visit http://on.fb.me/romance_and_lingerie

Why Real Men Don't Cheat

Cheating is all the rage. Celbs and regular Moe's alike are constantly getting called out by the press, by their [now ex] significant others, and the perpetually investigating paparazzi. Some have taken the road of silence and others come clean right away... but it's been fascinating to watch the man cheaters confess (read: pour their hearts out to the world on how sorry they are.) As a man, I have listened to these tearful laments and I can't help but laugh. These men were just fine traipsing around the town with tender trollops in-tow—an unsuspecting wife or girlfriend holding down the proverbial fort, oftentimes dutifully caring for the kids—and now they want me to believe they're sorry? Puh-lease. These cheaters aren't sorry... they're just sorry they got caught.

And with infidelity now headline news, the latest TV shows, magazine articles, and blog posts feature “real men” discussing cheating. These men are quasi-experts on cheating—because they did it. And look, I'm not here to pass judgment on their infidelity... I simply have an issue with their reasoning. These “real men”—like all cheating men—have a wide variety of justifications of why they cheated... “She was constantly bitching at me. I had to get out of there,” or “I felt like I was playing a role. I stopped being real. The only way to shake myself out of it was to cheat,” or my personal (and the most common) “I didn't mean it. It was an accident.”

My conclusion on these reasons (and any others): bullshit. Bullshit. **BULLSHIT!**

Sorry, guys. You can pull that line on the press, on your mothers, or on your now-estranged wives/girlfriends, but that crap doesn't work on someone who knows—someone who has been there (years ago, long before I was married).

But let's get something straight. I recognize that monogamy isn't for everyone. In fact, many argue that it's not a “natural state” for men. In many ways, I think those people are right. DNA-wise, both genders are driven by primal instincts to continue our species, not concentrate on the sanctity of marriage. However, humans now claim to be civilized, and if a person decides to delve into the world of commitment, marriage, and fidelity, they should hold to the ideals that accompany that choice. If you don't want a commitment... don't get married!

So... here's the REAL truth: Cheating is always a choice. Those that claim it was "an accident" or offer any other reason are completely and totally FULL. OF. SHIT. They are choosing to cheat for one simple reason: Selfishness. They care more about the sex they can get, rather than their significant other, whose trust they are betraying. And this is betrayal... a special betrayal saved for a man's spouse or girlfriend. How is it special? Because men usually don't betray their best friends this deeply... just the women they promise to love. Simply put, these are men without honor. If you're going to cheat, give the common courtesy to the other party that you would demand yourself: Leave the relationship. I've told men as much and many say, "It's not that simple." Well... if it's not simple, then perhaps you might think about what strange place you want to put your junk into before you do it... just sayin'.

Please note that I say all this as a man who has had more than ample opportunity to cheat. While writing my book, I met with over 1,200 women (and have spoken with thousands more since its publishing), with many of these meetings happening over a meal, or other private-ish location—but all away from my wife. Have I ever been tempted? Sure... I'd be liar if I didn't admit that many of these women were attractive (with many openly flirting with me). But there was no chance I would ever cheat. If I made that choice, my wife may not have known, I would have. I would have had to look her in the eye—my wife, my friend—knowing that I had recently humiliated her, devalued our relationship, and sacrificed my honor. Sorry... not this guy.

Evidently, some men can work in out in their heads that cheating is "just what guys do." Yeah, okay... who you trying to convince, pal; me... or you?... because we both know you're full of shit.

Men, here's the bottom-line: If you want to be married, be married. If you want to sleep with other people, talk about it—or at least have the common decency to leave her first. There's need to transform yourself into a douche bag while you trample on her self-esteem. And ladies, I would never suggest that once-a-cheater, always-a-cheater... but before you take him back because you "love him so much", you need to think about how much you love and value YOU. Because by cheating on you, he just showed you how much he doesn't care.



To like or comment, visit <http://on.fb.me/whyrealmendontcheat>

Common Courtesy

In *The Problem with Women... is Men* (Volume I), “Etiquette” was identified as one of the four core flaws of men. But etiquette is more than just knowing which fork to eat with at a high-end restaurant, or how much to tip the valet at a Las Vegas casino. And etiquette is certainly more than what the media showcases as “good behavior” of men, instead dubbing it—dare I even type the word?—Metrosexual. Being “Metro” seems to be society’s way of watering down men with style, class, self-esteem, and honor... and adding a hint of homosexuality. To deny that men aren’t *men* when they care about their inner/outer appearance is asinine... and the notion of homosexuality doesn’t figure into the equation.

And besides, the etiquette I’m referring to is more important... transcending the realms of gay or straight; married or single; nice guy or bad boy. Perhaps it can be most aptly described as “basic civility + traditional gentlemanly conduct”. This kind of courtesy leaves behind any notion of sexually-motivated actions (read: men can open the door for women, but they can also open the door for other men without it “meaning” anything, ya kno’?), and can be separated into two groups of behavior: 1) What is considered modern-day chivalry—door opening, flowers, pulling out chairs... you know the rest; and 2) What can aptly be described as common courtesy. As we are now in an era that we throw sheep at someone on Facebook rather than send a thank you note, both of these areas seem to be drifting into obscurity.

When it comes to romantic relationships, manners and gentlemanly conduct should be synonymous... but as I connect with more and more people of both genders, it’s become painfully obvious that many have missed this boat. For some men, the act of “bonding” includes disgusting behavior in mixed company—I notion I’ve never understood or endorsed. To quote from my book, “Releasing a 15-second three-octave fart—one so foul it makes the dog leave the room—seems to be a standing goal with men of all ages... although I’m not entirely sure how one would put that skill on a résumé.” But let’s put grotesque bodily functions aside, as dead horses need not be beaten.

When first starting a relationship, men generally make a concerted effort to make dates and time-spent something special and memorable (whatever their motivations—sexual, romantic, financial). Whirlwind romances conjure images of lengthy love notes written in long hand,

flowers on Fridays, and his car being washed before a date. But as time passes, relationships seem to simultaneously grow and wither. Things change... become routine.... and men get comfortable. Very comfortable.

For many, being comfortable turns into minimal effort and high expectations, and common courtesy goes out the window (with passion and romance often being right behind). And to be fair—and to preempt the onslaught of email wrongfully accusing/blasting me for being a misandrist—there are many women who also head down this same path of taking things for granted. But oftentimes the reasons for their lack of passion largely differ from their male counterparts (but that is the subject of another article—much of which exists as a chapter in my book).

But these romantic relationship examples are mere symptoms of a growing disease that can only be filed under “Lack of Effort in All Relationships”. Cynical? Perhaps... but let’s give a real example. Relationships aren’t always romantic, and many are started and ended every day. A prime example: the service industry.

When a patron approaches a counter at the local Starbucks, a short-term “relationship” is formed with the person working on the other side of the counter. In an age not to long ago, service personnel would greet a customer, maybe even smile. Today: Not so much. Now, when I walk up to the counter to place my order, I’m often greeted with, “- - - - -” (that would be the sound of silence). So, I wait for them to acknowledge me. Once they do, oftentimes it’s with an empty, “So, what can I getcha?”. I then order and pay, and I am then faced with more... laziness (sorry, it’s the only term I can find that fits). My change—the bills and coins— and my receipt are thrust into my hand at the same time, causing me to stand there, pissed off and holding up the line, as my bills need to be put away in one place, my coins in another, and the receipt in still another. (Has this happened to you, or am I just spouting like a crazy person??). This example of poor courtesy is then compounded. Not only am I forced to deal with poor service from a person without basic manners in their repertoire, but the patron behind me is angry at me for “holding up the line”... so they start sighing and squeezing in to place their order with the civility-devoid automaton ringing up espresso.

(Please note: I’m fully aware that there are TONS of quality service personnel out there, and if you are one of them: THANK YOU!... and I’m not writing about you. :) I’m simply sharing my observations of others in your line of work that are ruining your outstanding efforts.)

Again, these are all symptoms... symptoms of a society that is complacent and permits haphazard civility. So it stands to reason that much of this would spill over into other relationships: romantic, parental, or platonic. The cure? In a word: effort. "Effort" is different than "Work". Work is that think you do so you can do something else (work on your car... so you can drive; go to work... so you can earn a living and enjoy your time off). Effort is different. Effort is what you put in to things that you care about... that matter to you personally... spiritually... emotionally. I would offer that if more people put in Effort rather than Work, the quality of relationships would improve... and perhaps the person behind me in line at Starbucks won't accost me. But I digress...



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Nice Guys and Bad Boys

Bad Boys have THE reputation: hot, good looking, scruffy... but also cocky, arrogant, inconsiderate, inattentive, and almost unfeeling... and women flock to them. Bad Boys are the reasons that shows like *True Blood* and books/movies like *Twilight* have been so popular. With all the negatives about Bad Boys, what are the real motivators for women to have a one-time or recurring want/desire for a Bad Boy in their life? Are they just trying to attain the unattainable? Is it the challenge of making him fall in love—to "capture" him? And, where does this leave the Nice Guy? I asked these questions to a variety of people recently, and received some interesting insights from a variety of sources—women, experts, and Bad Boys—and it was eye-opening.

First, a clarification. There were a few respondents that wrote in about their Bad Boys... through their writing, it became clear that their version of a "Bad Boy" was actually a criminal. While I'm sure there are similarities, for the purposes of this discussion I was most interested in the Bad Boy that started smooth, cool, mysterious, and loving... but ended up emotionally unavailable, unattainable... even stretching into emotionally abusive. The stories discussing criminal behavior have not been included.

The most interesting thing I encountered was the difference between what the experts say, and the experience of women who dated the Bad Boys. From accredited psychiatrists, the source of these issues was clear: comes back to the woman's father.

From Carole Lieberman, M.D, clinical psychiatrist and author of *Bad Boys: How We Love Them, How to Live with Them, When to Leave Them*.

"The main reason women are attracted to bad boys is because of the relationship they had with their fathers, when they were little girls, that made them feel unlovable, not good enough to attract a prince. So they end up kissing a lot of frogs. Other issues play a part, but the main fundamental, underlying, most important issue is their relationship with their dads."

And it was those "other issues" that the women I connected with really honed in on. Yes, there were a few women who attributed their Bad Boy addiction to their upbringing and/or challenges with their fathers specifically... and to Dr. Lieberman's point, with extended therapy others

may follow suit. However, the majority of women who responded (44 out of 51) stated some very specific reasons why they were attracted to Bad Boys:

1) Great Sex: This topped the list (tied with #2, below), but I would argue that the other reasons mentioned (below) contribute to the quality of sex with a Bad Boy. There were many mentions of a certain “look” of the Bad Boy. The notion of a “look” coincides with a study by the University of Michigan’s School of Public Health in 2007. To wit: Women were asked to judge potential mates by how masculine their features are, new research shows. Men with square jaws and well-defined brow ridges are seen as good short-term partners, while those with more feminine traits such as a rounder face and fuller lips are perceived as better long-term mates. In the study, 854 male and female subjects viewed a series of male head shots that had been digitally altered to exaggerate or minimize masculine traits. The participants then answered questions about how they expected the men in the photos to behave.

Overwhelmingly, participants said those with more masculine features were likely to be risky and competitive and also more apt to fight, challenge bosses, cheat on spouses and put less effort into parenting. Those with more feminine qualities were seen as good parents and husbands, hard workers and emotionally supportive mates. Despite all the negative attributes, when asked who they would choose for a short-term relationship, women still selected the more masculine looking men.

2) The Challenge: The possibility of converting a Bad Boy from a serial playboy into a loving, supportive, feeling man was a strong pull for Bad Boy-addicted women... but it’s also the reason some women left them. From one anonymous respondent:

“My motivation for dating bad boys is the fire of attitude they bring to the table. The challenge is what brought me to them, but the fire of never knowing what’s next, and them being great in bed is what keeps you with them.... for a short period of time. I could never stay with him for long, because what attracted me to him is inevitably what made me leave him in a few weeks. Who wants a challenge forever?”

And from another:

“I always fall for the bad guy. Always. My current bad guy has me wrapped around his finger (that is, whenever he decides he feels like he wants to have me wrapped around his finger) because he is a challenge to me. Since I am constantly putting myself through personal- and self-tests (and consider myself to be an ardent perfectionist), I am finding that with

him, he's just another puzzle I'm trying to solve. This was also definitely a wolf-in-sheep's-clothing case, too. He swept me off my feet in the beginning: long engaging discussions, expensive dinners, the works. But then once decided he had me at the palm of his hand, the fangs came out and he truly revealed his manipulative and misogynistic ways. Not sure exactly how many details you are looking for, but to answer your overall question, I would have to say that I am still into him because he is such a challenge. Not trying to change him by any means (threw that out the door months ago) but instead, trying to see exactly how much I can learn (about myself) from him."

3) The Thrill: Doing something that was against the norm (or against parents' wishes) was also cited as a key motivating factor. Doing the wrong thing has an appeal, even if it's only for a short time... or you drop the Nice Guy:

"I always dated the studious, square type of guys that were perfect gentlemen and rather bland in the masculinity department. They tried so hard to "be nice" that they came across as wimpy. This guy was totally manly in every sense of the word. My response to him was on a cellular level. But what KEPT me around him was the thought that I was sneaking and doing something I knew my parents wouldn't approve of at all. I did it though because it was one of the very first things in my young life that I did because I wanted to, with no regard for whether I was being "a good girl" or "doing the right thing." It is a phase that all young females must go through on the road to self-actualization and independent thinking as a mature woman. We have to cover the full spectrum of manhood to figure out which one WE like best, and not choose a man strictly based on assuring the approval of our family and friends. It's a hard road!"

The one thing that was mentioned only by a few respondents—and one expert—is (in my opinion) the most important thing to consider when evaluating a woman's choice of a Bad Boy: self-esteem.

Society in general—and the media in particular—LOVE to paint the Bad Boy as the black hole of masculinity. That is to say, that nothing can escape them... no woman can resist their magnetism, no Nice Guy is nice enough to keep a woman away from their pull. In truth, it's women who have the complete control of the "magnetism" of these men. Sure, some of it is primal (read: "Can this manly man take care of me, and bring food to the table?"), but it's up to women to realize that they not only should be wanting more than what the short-shelf-life Bad Boy can provide them, they deserve more.

And while some women are trying to figure out if it's a good idea to marry them, others are looking at their motivations. From David D. Clarke, MD, clinical assistant professor of medicine at Oregon Health Sciences University and author of *They Can't Find Anything Wrong!: 7 Keys to Understanding, Treating, and Healing Stress Illness*:

"During the last 25 years I have interviewed thousands of women who have been in relationships with men who treated them disrespectfully. Some of them married several of these men. Why? The women I interviewed had, as children, been treated in ways that lowered their self-esteem. Consequently, as adults, they tended to fall into relationships that were consistent with what they were accustomed to, with men who treated them in ways that were familiar. They then set to work trying to meet the man's needs and make the relationship work better, very much in parallel with what they did as children. They were accustomed to getting back far less than they gave and that pattern continued into the adult years. It was only when their self-esteem improved that they would recognize they deserved better."

Self-esteem... the method by which Bad Boys rise to perceived greatness, and take advantage of situations with women. And it's important to note that Bad Boys come in all shapes, sizes, and ages. As many women (and men) can attest to... age does not always equal maturity.

But where does this put the Nice Guys? Well... as cliché as it sounds... they DO finish last. From Gwen, a respondent and author of *"If It Walks Like A Duck," And Other Truths My Mother Taught Me*:

"When I was 19, I dated this amazing guy. We attended different universities (about three hours apart), and he would make late night trips after class and work just to visit me for a few hours, then go back. He'd send me flowers for no reason at all, gifts just because he was thinking about me. He never pressured me for sex and we never slept together. It was a very pure and innocent love. I broke up with him because I thought he was 'too nice'. Everything with him was 'too easy'. I broke his heart, but all that mattered to me was that I wanted someone more fun and exciting! From ages 20-26, I had a steady string of bad boys: unattainable men who provided me a challenge. One was a mama's boy who didn't seem to know how to get from under his mom's thumb, another was a serial cheater that I knew about but thought I could change him (boy, was I wrong!). A third was a gullible guy who listened to everything his friends told him and never to me, and the fourth was a serious emotional abuser. They were all great at first, but of course, they changed after a few

months, much to my dismay. After the final one, I was tired of trying to change guys and mold them. From then on I decided, "No more projects!" I wanted a guy that was already together, that didn't need to be trained and knew how to treat a woman like a queen. Needless to say, I got him... in that very same guy I dated back when I was 19. I thank God everyday that He put it my guy's heart to give me another chance. And he hasn't changed one bit."

The power, influence and charm of a Bad Boy can be enviable, but I'm hopeful that those "powers" can be channeled for good, and allow men to move past these modes of false masculinity in order to embrace how to truly treat a woman beyond short-term excitement and empty flattery designed to coerce them into bed.

It's all about the Nice Guy. Nice Guys don't finish last... they just make sure the woman comes first.



To like or comment, visit http://on.fb.me/nicguys_badboys

The Pretty Ones

I've been told by various people that being attractive is both a "blessing and a curse." I would venture that some people—men and women—would blast that statement, saying that having good looks could never be a curse. Truth be told, physical attractiveness and desirability may be a curse to some, but it has the propensity to make life easier—acceptance in childhood, employment, companionship... the list is endless. But despite the advantages of being one of The Pretty Ones (let's call them TPOs for this discussion), being attractive can also bring challenges... even emotional damage that might have long-term personal consequences.

Shallow or not, mentally measuring others according to their beauty is what society does, at all socio-economic levels. And whether it's happening consciously or subconsciously—as a first impression or as a long-term evaluation—it is happening. Men who are attracted to women purely on physical attraction are trying to find a desirable mate based on primal instincts. Women act on their primal urges looking for the dominant Alpha Male—evaluating the physical aptitude, influence and power of potential mates in order to find the strongest of the species. And both men and women assess others of their same gender, sizing up their competition in an effort to stay at the front of the pack.

I recently conducted a survey with 500 self-identified TPOs (250 women, 250 men) to uncover thoughts and trends around what being attractive has (or hasn't) done for them through their lives. These people represented all age groups (18-28: 39%; 29-54: 48%, 55+: 13%), ethnic backgrounds, and romantic statuses, and their responses were fascinating, ranging from empowered to arrogant. Beauty-plus-arrogance certainly fosters society's opinion that being attractive automatically equates to asshole/bitch... but for most, it was confidence that exuded from their pores, not conceit.

After the first hundred interviews, it became clear that these pretty people were divided into two camps: those that embraced their physical beauty (either confident or conceited), and those that communicated about their physical attributes—sometimes embarrassment, sometimes anger, sometimes frustration. Of the men interviewed, nearly all of them—94 percent—fell in to the confident camp, as they had found that being attractive helped their careers (not just modeling and/or active, but in the professional or blue collar world, as well), assisted them in finding a

significant other. (Both gay and straight respondents said this, as well as single men who had multiple "significant others" on a weekly basis.) Women, however, were more divided, with a significant percentage (53 percent) representing those who are uncomfortable with their attractiveness. And despite the fact that these women emanated from a variety ethnic backgrounds and economic backgrounds, nearly all reported the same issues with being attractive:

- **Told they were pretty.** Many we're told how beautiful they were since early childhood... But that's all they were ever told. No matter what their other talents—arts, music, scholastics, whatever—they were told constantly how their looks would "help them get a man" or that they "should be a model". Now in their adult years, they don't want to hear how pretty they are or how built their bodies look. They want to be talked with not ogled.
- **Put in the “bitch” category.** Many stated that both men and women perceived them as a bitch. If they were confident and self-assured—in their demeanor as well as their looks—both men and women acted threatened, and would discard them as "one of those bitches"... and this would happen before they opened their mouths to speak, so there was no way for people to know.
- **Untouchable.** These women stated that they had a very hard time making and keeping female friends, as other women were fast to assume that there would be a competition for men. And men were either intimidated, assumed they would be high-maintenance, or were sure that they already had a boyfriend or husband. As such, men wouldn't even approach them.
- **Not intelligent.** The most comment lament was that people automatically assumed they weren't intelligent—that their beauty equated to a lack of smarts.
- **Easy Marks.** And when it comes to attractive women, many times it is the Alpha Male—with primal instincts and DNA driving his desire. He isn't intimidated by beauty, but he has ulterior motives. However, most often a “romance” with an Alpha Male is short-lived, and he moves on after he has his fill. These women reported that they felt used by men on a consistent basis.

In short, physical attractiveness can come with a price. Most men seem to have no issues with this, so my advice falls toward the ladies:

- **Maintain your self-esteem.** As challenging as it can be, keep perspective. Two main things drive people who hate on you: fear and insecurity. Don't sacrifice who you are and where you are going to placate the man in your life.
- **Make men work for your affections.** Men who aren't intimidated will view your beauty as a challenge... and attempt to dominate you. Don't give in. Make him work to get with you, and then keep the bar high.
- **Watch your friendships.** Be careful who you let in to your world, and how fast. Jealousy is a big motivator
- **Remember that you are not alone in these challenges.** Women are faced with these challenges everyday—from Alyssa Milano to Drew Barrymore (just to name two quickly). Keep your wits about you, and never settle for second-best.



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Is Divorce the “New Black”

Relationship challenges are becoming mainstream news. From Tiger Woods' and Jesse James' infidelity, to Al and Tipper Gore's divorce, it seems that more couples than ever are separating (and that's just the tip of the iceberg for the Gore family. In May of last year, former Vice President Al Gore's daughter Kristin divorced her husband, Paul Cusack. And now comes the news that Al and Tipper's daughter Karena has been separated from her husband, Andrew Schiff, for a few months and may be nearing divorce proceedings).

The notion that marriage is a temporary institution isn't new. Sociologist and futurist Alvin Toffler wrote the best-seller *Future Shock* in 1970, and with matter-of-fact conviction, he wrote of the rising trend of "trial" or "temporary marriages"—first marriages of young people, lasting three months to three years, and of "serial marriages" that would take place after the dissolution of the "trial marriage," happening at specific turning points in people's lives. Toffler's views hold true today. Having accurately predicted the coming trends, he could see how men and women would begin to view marriage as a temporary state of being, and today the divorce rate still hovers at just over 50 percent. But that "50%" data point is just common data point. Here's the truth (from the US Census and the Association of Divorce Reform):

- 19.5 million adults have been divorced at least once.
- 50% of all marriages end in divorce within five years.
- Of the couples that last five years, only 50% make it to their 10th wedding anniversary (That's a 75% divorce rate before the 10th anniversary)
- Over 80% of divorcees reference “irreconcilable differences” as the reason for separation.

Here's something to consider: If you've been married for a few years, you might have a child (or two). So, how the rising divorce rate affecting kids? Is it providing the quintessential example for children of just how temporary marriage—and all relationships—can be. Divorced) homes account for:

- 63% of youth suicides
- 90% of homeless/runaway children
- 85% of children with behavior problems
- 71% of high school dropouts

- 85% of youths in prison
- Over 50% of teen mothers

So, not only are the adults in these relationships causing themselves heartache and challenge, but they are perpetuating the problem and showing their children—by example—precisely what a temporary relationship looks like. Not a pretty picture for our up-and-coming generations.

What Can Be Done

Obviously, there isn't a magic bullet to "cure" these relationships issues. There are, however, some things that people might consider when contemplating tying the knot:

Be Ready. Why get into a committed relationship unless you're ready? There is no Cardinal Rule stating that people must get married by X date—or at all! Before taking the leap, it's not only important to know your partner, it's perhaps even more important to know yourself—who you are, and where you're going. After you know those two things, who will go with you is a choice, not a forced decision. And don't let anyone pressure you into committing before you're ready... including yourself.

Don't give up your individuality. People that put everything in their relationships and leave nothing back for themselves are setting themselves up for failure. Maintain your own life, interests, and friendships... and then share with your significant other.

Put "effort", not "work, into your marriage/relationship. I've long suggested that a successful relationship or marriage takes effort, not "work". Oftentimes, Work is that thing you must do in order to have time and flexibility for the things you really want to do. Effort is what you put in to activities you care about... that you are most passionate about making succeed. In short, Effort is a driving force behind a great partnership and marriage.



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Cougars and MILFs

Cougar. MILF. Two words that keep making their rounds in various subcultures. [UPDATE: Cougars are not a "subculture", according to Fayr Barkley -- founder of Cougar International. "30% of women 40+ are dating and even marrying younger men and the percentage is growing. That hardly makes this dating dynamic a sub culture; especially since it is being done out in the open vs. behind closed doors, which is where sub cultures typically exist."]

For those in the un-know, let's define these terms—err... at least, offer the media-infused definitions:

Cougar: A woman over 40 who pursues, dates and “plays” with younger men... sometimes significantly younger

MILF: A simple acronym... Mom I'd Like to F*ck.:

Driven by the media, these terms are creeping into everyday vocabulary and life: from Barbara Walters' interview with the women of The View to the multitude of websites dedicated to “assisting young men” find, attract, and date said Cougars and MILFS: dateacougar.info, milf-date.com, and milfdatelink.com are just the tip of the iceberg... but Sherry M. is all in favor of it.

“I'm [over 50] and have been dating men 10-20 years younger since I was divorced at the age of 38. Being single and 'looking' for the past year (I had been with a 38 year old for the past six years), I just recently registered on an online cougars dating site. I hadn't thought about being a 'Cougar', but in trying to better 'target my market' (I am a marketing consultant), I realized I needed to find a site that specialized in older women looking for younger men. I have to say, I was amazed that most of the men on the site seem to be looking for women 30 years older, and I had hoped to meet someone at least older than my youngest child...

and most are not looking for stable relationships. I find the men meet who are my age are often “done” with life... no more questions, more passion... and if they are still alive, they wouldn’t consider dating someone as old as me! They’re looking for much younger women.”

Edgy? Sure. Are the terms cute? Perhaps, but it depends on who’s saying it and how it’s said. These labels have been assigned to women for their actions, behavior, attractiveness, body type, or lifestyle. And as with any label, each comes with its own perception. I went in search of a reality-check on these terms, and spoke with women from all walks of life. I was greeted with a multitude of responses, ranging from “Hell yeah! I’m a Cougar, and DAMN proud of it!” to “WTF is this about? Why am I a cat because I’m dating a younger guy?”

Case-in-point: Pamela from Maryland—a “seasoned and spicy 50 year-old”—loves the term: “Well, the Cougar label is better than a ‘hag’ label! The image of a cougar is strong, sleek, confident, playful, fierce, protective—and very capable of taking care one’s self.”

But where did the terms originate? Reports and opinions vary, but Pamela has a theory that is more probable than not: “I believe that the label ‘Cougar’ was coined by a really pissed off ‘twenty-something’ [woman] who saw her [male] prey enticed and conquered by a more experienced woman with more to offer than sex. Let’s be honest—a label is a label; street vendors sell knock-offs [of designer labels] constantly. A true Cougar laughs off the disparaging comments, and anyone entertaining the thought of getting involved with a Cougar must realize that 1) we don’t need anyone to feel or be complete; 2) our time is important to us and we’ll invest it where we’ll get the most return; and 3) will everyone please just lighten up? And by the way....who’s to say MILF doesn’t mean MEN I’d Like to F*ck?”

Although similar and cut from the same cloth, Cougars and MILFs are different, and after speaking with over 100 women about the positives and negatives of the label and personal/societal perceptions, I was faced with very different comments and opinions. We’ll tackle MILFs in a minute... for now, let’s look at the cats.

COUGARS

The word itself denotes a cat with a hunter's instincts and actions... a predator, if you will. And that caused a stir with Donna Moore (singer, actress, and writer/producer of the theatre production: COUGAR! A New Musical—which is currently running off-Broadway, check out www.donnamoorediva.com): “I think there’s a double standard. Now that women are dating younger men, society wants to vilify and predatorialize women calling them a Cougar. A number of people have asked me what you call an older man who is linked with a younger woman and I’ve researched it... it’s called a man.”

True, Donna... other men call him “lucky”.

So, is a Cougar a 40 year-old+ body-image-focused, younger man-dater? Maybe, but there’s much more to it than that. “[Society] also sees Jennifer Anniston and Demi Moore [as Cougars],” said Pamela from Maryland. “I think women in their 40’s are just ‘coming into their own’, and realizing their ability to take control of their lives and how much fun life can. It’s all about attitude.”

And that attitude can carry over to all parts of life. With that said, is being a Cougar about dating and sexuality? Or is it finance and security? Or maybe it’s body youthfulness? A partying lifestyle? Maybe, and I heard from women in all these siloed walks of life... but being a Cougar is about the combination of these traits, despite what the media might “define” as a Cougar:

“The notion of being a Cougar is based on what the media projects...” continues Pamela, “which is dating and sexuality first and foremost—hey, it gets the ratings. But if you actually looked at a woman who perceives herself as a Cougar, you find a very confident, no bullsh*t woman who has seen it all—been there, done that, bought the T-shirt, and is not threatened by a younger woman. In business, it’s every woman

(and man) for herself (or himself)—the bedroom rarely plays into the boardroom anymore. [Cougars] prove our existence every day, and can relax at the end of the day with a chilled Grey Goose and a smile.”

And Kristen S. agrees: “Cougars defy the societal stereotype of age—or more accurately, they ignore it. It’s definitely about sexuality though, which comes from a confidence and wisdom a woman gains from life experience. Sexuality, especially for women, is so psychological—I view cougars as women who know who they are and have gained wisdom from life experience—and that is sexy.”

“The term Cougar is used when discussing dating and sexuality,” said Susan Hartzler, president of AlphaDogPR. “But a Cougar is someone who has it all together to be attractive to any man, be it young or old. She is financially secure, has a youthful spirit and joie de vivre that cannot be bought, or found in someone in their 20s. You have to have lived life to know about how to live YOUR life. I would much rather be labeled a Cougar than an old broad or worse—a spinster. There are words that are much worse than Cougar that the media could have come up with to use. I think Cougar works. I’m proud of my age. I’m proud of my Cougar status. I still turn heads. I still get whistled at. Until that changes, I’m still purring up a storm!”

“The cougar upsets the status quo in many respects, said Karin Anderson, Ph.D. at Concordia University. “In our culture (with the strong possibility of evolutionary factors playing a part here as well), women are valued for their physiques, while men are valued for their power/influence. Therefore, young women rule and older men rule. The cougar intimidates young women in that she looks much like they do yet has what they don’t—confidence, financial means, security, command of her sexuality, and a strong sense of self. Therefore, it is likely, that young women are the most threatened by the cougar. In fact, I was first introduced to the concept when a friend in her mid-twenties called me a cougar. She was joking, of course, but clearly the term appeared in her vernacular long before mine.”

I spoke with a number of self-identifying Cougars that were clear that they were after younger guys purely for fun. But I also spent time with Debbie Nigro, who summed things up beautifully: “When women are in their 20s, they are looking to procreate with... when they are in their 40’s, they are looking for someone to recreate with.”

And as the Co-founder and Chief Executive Girlfriend (self-titled) at FirstWivesWorld.com, Debbie would know. Her site focuses on assisting women put a new face on divorce, thus creating another “happily ever after” for themselves. She and I spent a lot of time talking, and separating the media hype from the reality of Cougars.

Charles Orlando: Do you like the term “Cougar”? It is accurate?

Debbie Nigro: The media and society defines a Cougar as a woman who dates or carouses around with a younger man. But it sounds predatory, and it’s not completely accurate. I want a new word. I actually ran a contest to find a new word on FirstWivesWorld.com. Maybe “Cougaress” is a more accurate term.

C.O.: Cougars: Are they looking for a mate, or looking for a date?

D. N.: It varies. The bulk of women who are back in the dating game are older, but the dating pool is more “shallower”... mostly because men dripping with testosterone need to validate their masculinity with a younger woman.

C.O.: How do you think this metamorphosis takes place—from woman to Cougar?

D. N.: When a woman is younger, she is insecure. As she ages, she finds her femininity—her sexuality. Cougars are confident and secure... and choose to enjoy the company of a younger man. But the stereotypes are completely inaccurate. SNL did a skit: Cameron Diaz in tight stuff, but it ended up really raunchy, depicting Cougars as “old comfortable shoes... billy goats that fight each other for prey.” Cougars are not predators trolling for younger men. We’re confident, not desperate.

C.O.: Why are Cougars getting into the mainstream now? What's special about this time?

D. N.: There are many variables that have caused this change: The increasing earning power of women, opening new businesses, choosing divorce. And, women now have 'permission' by society to be dating a younger man. It's more accepted.

C.O.: "Cougars are over 40 years old." Agree or disagree?

D. N.: Disagree. Cougars can be any age, shape, or size... and don't have to look like Cameron Diaz. Besides... it can be nice to have a younger man... even amusing. Some of the younger guys love it. No strings. No drama.

C.O.: What about relationships? Commitment? Marriage?

D. N.: Cougars aren't like a younger woman who wants to get married. That's all a game. Cougars are much more confident. For women, it's nice to just be carefree... no worries... just fun.

Lots of opinion, lots of misconceptions. Case-in-point, this comment from Libbe HaLevy, a "59, gray-haired and hipper than hell" marketing coach: "Cougars are 'older women' (38?!?!????) — this is terribly prejudicial. What is meant by the term as I've heard it used is men calling this kind of woman predatory simply because she still has interest or involvement in sex. What — you mean we don't curl up and sexually die simply because we've moved beyond the age of pneumatic anorexia and jailbait midriffs? A little meat on the bones, some experience with life, and the ability to throw out birth control forever lead to women taking

control of our lives in a brand new way. We have money, power, looks (though some men refuse to see it... usually those who we'd formerly considered 'age appropriate', appetites and freedom. Why shouldn't we be out there enjoying ourselves in whatever way we choose? And I, for one, have found younger men far more receptive to my truth than men my age or older. Cougar?? How about Goddess??”

And from Karin Anderson, Ph.D: “I’m 38 and get approached by 25-year-olds all the time. I’m not on the prowl for younger men, but if a guy is nice and cute I’m not going to rule him out just because he’s younger than me. Apparently, this makes me a Cougar, according to some. Personally, I think the term evidences lingering sexism and misogyny in our society. Sure, an 85-year-old man is considered a leech if he tries to date a woman who is 35, but a 40-year-old man dating a 25-year-old woman is deemed perfectly normal. But a 40-year-old woman dating a 25-year-old man is considered a cougar. It’s just your run of the mill sexism manifested in our language—much like the fact that our words for older, unmarried women are quite negative (i.e. spinster, old maid) but our only term for an unmarried man holds no pejorative connotations whatsoever—bachelor. “

MILFs

So what about *MILF*, the “affectionate” term for attractive mothers that younger men would like to bed. The term was made popular by the movie *American Pie* (1999), but has been around much longer. But although the media sometimes uses these terms synonymously, “MILF” is very different from “Cougar”, with the former having an almost exclusive sexual connotation, while the latter seemingly personifies empowerment, life experience, and freedom. As such, some of the women I spoke with could identify with “Cougar” and found “MILF” offensive:

From Sherry M.: “I’m embarrassed to say that I had to look up MILF... and I’m even more embarrassed, and disgusted, now that I know what it means. YES, it’s offensive. I have four grown children (and

four—soon to be five—grandchildren). Although I have no problem referring to myself as a Cougar in front of them, I would never want them to think of me as an MILF.”

But there are many women who self-identify as a MILF, and find power and confidence in the term. Magazine MILF, the outspoken, funny, opinionated and obviously empowered woman who writes a blog of the same name (and if you have any questions on what is/being a MILF, please check out her FAQs, notably titled MILF and Cookies). She and I corresponded about the perceptions and the positive aspects of being identified as a MILF, and her responses were interesting, if not peppered with positivity and empowerment...

Charles Orlando: What specifically about the term MILF is positive to you?

Magazine MILF: I know that a lot of feminists don't like the word MILF. They see it as misogynistic — as a man's view of a woman, and if you take it literally, that is probably true. I, too, consider myself a feminist (my mom burned her bra and my dad marched alongside her at woman's lib marches) but I see MILF as a positive because it acknowledges that a woman can still be sexy, sexual, beautiful, desirable and confident post-baby. While this may seem obvious in the age of the ever-present celebrity mother, it's a relatively new concept for the mainstream. Among mothers I know, describing someone as a MILF is a cheeky and welcome compliment that is synonymous with “hot mom.” It means you look terrific, despite the chaos of child-raising, not to mention the physical toll of pregnancy; there are no sexual overtones to this scenario.

C.O.: The media seem to define MILFs as “over the age of 40”? Do you agree?

M.M.: I am 34 and I am a MILF. My nanny is 28 and she is a MILF too. Any woman who is a mother can be a MILF.

C.O.: Is being a MILF more about dating and sexuality, finance and security, body youthfulness, or lifestyle?

M.M.: MILFiness is as much about your looks and style, as it is a state of mind. It's about doing your best with what you've got—looks, finances, confidence, etc.

C.O.: The notion that a woman who is attractive, financially secure, and strong—strong enough to go after and attain what she wants—needs to be labeled anything besides a woman is concerning. And while some women find the term “MILF” endearing (which speaks to their high level of self-esteem), the motivations for the label itself disenfranchise the powerful people these women have become. What is George Clooney called (at 47 years old) besides a “hot bachelor”? And he's what the media defines as “older”... how did women get the label of MILF or Cougar, and men skate out unscathed?

M.M.: If someone comes up with a catchier phrase than “hot bachelor,” you can bet it will work its way into the mainstream! The thing is, nobody doubts the virility and attractiveness of men of a certain age, whether they are fathers or bachelors. But women were largely assumed to have lost their appeal once they became mothers, and the explosion of the word MILF dovetails with our change in attitude toward mothers. Mothers are no longer asexual frumps. You can still be totally hot and confident and desirable after you have children. I love it that moms have this fun and fabulous term. It gives us something that the dudes don't have, and it's not some feminization of a term that already exists for men (like bachelor and bachelorette, ugh!). Being a woman is fabulous but being a fabulous woman who is a mother too, well, that's downright MILFy! It's like belonging to a really fun club.



To like or comment, visit http://on.fb.me/cougars_and_milfs

Flings, Affairs, and Online Infidelity

Recently, I've been asked a lot of questions regarding infidelity... from both men and women. Allow me to make it clear: Men and women both cheat. Their motivations are very different, but cheating is still cheating... period.

First off, allow me to state that monogamy isn't for everyone. In fact, many argue that it's not a "natural state" for men. In many ways, I think those people are right. DNA-wise, both genders are driven by primal instincts to continue our species, not concentrate on the sanctity of marriage. However, humans now claim to be civilized... and if a person decides to delve into the world of commitment, marriage, and fidelity, they should hold to the ideals that accompany that choice. However, that doesn't seem to hold true in today's world of disposable marriages.

Alvin Toffler wrote the best seller *Future Shock* in 1970, and with matter-of-fact conviction, he wrote of the rising trend of "trial" or "temporary marriages"—first marriages of young people, lasting three months to three years, and of "serial marriages" that would take place after the dissolution of the "trial marriage," happening at specific turning points in people's lives. Toffler's views hold true today. Having accurately predicted the coming trends, he could see how men and women would begin to view marriage as a temporary state of being. As California and other states try to figure out if gay marriage is "legal," the divorce rate for heterosexual couples still hovers at just over 50 percent. What most don't consider is how the rising divorce rate provides the quintessential example for children of just how temporary marriage—and all relationships—can be.

Recent data shows that the most common reason for divorce is irreconcilable differences—the notion that the couple just doesn't get along anymore... for whatever reasons. But many I've spoken with—men and women—are quick to cite being cheated on as the primary reason for past relationships having ended. Cheating—regardless of the motivation for it—isn't merely the act of sex or physical release... it's an act of betrayal. And that level of betrayal is very confusing to me.

Full disclosure: Have I EVER cheated? Ummm... yeah. I... uh... really burned some people... badly. (Just read my book... you'll spot my lack of discretion and self-control in the first few pages of the introduction.) But have I cheated since marriage? I'd be a liar if I said that I've never been tempted to cheat. I am human—and a man—so I most certainly have been tempted (and the woman I'm thinking of... she was HOT... damn!

But I would have never gotten away with it anyway). The difference is that I possess enough self-esteem to not humiliate myself, and I value and respect my wife and our marriage, so I would never betray her, as she is my friend. And that is my point: Men and women who cheat are betraying their spouse... but they would never betray their friends in that way—which is the source of my confusion. If you're going to cheat, give the common courtesy to the other party that you would demand yourself... and leave the relationship. Some may say, "It's not that simple." Well... if it's not, then perhaps the choice of infidelity might be something to ponder on for a while.

All this said, there are two main types of infidelity: Flings and affairs. Flings are the most common, most often involving opportunity, lust, and lack of self-control. You know:

"Babe, I screwed up. I got smashed in Vegas with the [guys/girls] and ended up sleeping with this stripper I met at the club. It didn't mean anything, and I promise it won't happen again. Please forgive me."

Sometimes, opportunity can make good people do bad things—however, the person choosing to forgive a fling better think long and hard about it, as flings can highlight how little self-control an individual possesses at a given point in their lives (spoken from long-ago past experience). I'm not an advocate of "Once a cheater, always a cheater"... but the tendency is there.

Affairs are different. Affairs are long-term relationships—sometimes involving sex, sometimes not—and they are trickier for someone to get over. Affairs take their toll on both sides of the relationship, betrayer and betrayed—but it's important to note the goal of the person starting an affair: to get caught. Perhaps they don't have the wherewithal to end one relationship before starting another, or maybe they can't bring themselves to admit to their significant other that they have fallen out of love with them. Whatever the reason, affairs are a real investment in a relationship behind someone else's back—and that is what makes them so much more damaging.

Which brings us to a different kind of cheating for the web-based era: Online cheating. There are an endless number of sites that advocate and enable real-world affairs (whose highest spending advertisers are divorce attorneys). But meeting someone online and then quickly transferring the relationship to the real world is really just a fling. Online cheating is different. With the rise of social media and community-based websites, connecting with others in remote locations isn't just the activity of a small subculture, it's ingrained into our everyday lives. Numbers vary, but

Facebook boasts some 700 million-plus users worldwide (and since their acceptance into the mainstream, high school reunions have fallen by over 60 percent). Online cheating—without any physical contact—is the most damaging type of infidelity. The reason? The entire "connection" between the two parties is emotional.



To like or comment, visit http://on.fb.me/flings_and_affairs

Pick-ups, Alpha Males, and Douchebag-o-rama

There are plenty of articles on what guys will do to get women into bed. From *He's Just Not That Into You* to Tucker Max, the warnings are out there: Don't play into his ego (or give in too quickly) and then wonder why/how you gave up all the control in the relationship. Don't play coy, as this is blood in the water to the Pickup Artist. But these are common, overt techniques men use to coerce women into the backseat hotel bedroom. There are many other subtler, subliminal, and unfair methods, guaranteed to take the uninitiated off-guard.

It's a common trend: Women going home with a dating predator and then regretting their actions with these pseudo-suitors—questioning their womanly intuition, and wondering why his lies didn't ring up a 10.8 on the Bullshit-o-Meter. To provide some insights into “whys”, I will need to do the unthinkable (again), and break the Guy's Code. Maybe some of the single ladies out there will gain some insight beyond trivial dating tips and quips. And, par for the course, any man who ends up reading this article will comment stating that I'm either: 1) full of shit, or 2) that I'm a man-hater. (No worries, Brother. Contrary to what you think, my book isn't a man-bash, I'm not a misandrist, and my email inbox is already filled with hatemail from guys just like you. Besides, while you're bashing me online—and anonymously, O' Brave One—please note that your girl is ordering my book in an attempt to figure out why you treat her the way you do. Good luck with that.)

Firstly, let me acknowledge that there is a multitude of Nice Guys out there (not wimpy, backboneless “sensitive guys”... just Nice-And-I-Would-Bring-Him-Home-To-Mom Guys). If you are one of them—or dating/married to a man like this—congrats; the rest of this article isn't about you (but you might see people you know in the words that follow). Let's talk about the not-so-nice guys. The Bad Boys that women find oh-so exciting that they try and capture them... their romantic unicorn, so to speak. The Scammers that make the one-night stand a full-contact sport.

Alpha Men

Nice Guys have long-lamented “the assholes get all the girls.” Obviously, this is an exaggeration, but the point is well-taken. The main reason women are enraptured by dominant Alpha Males is simple: the perception of confidence. Confidence can be a magic formula that helps elicit a positive response from a woman, and it's rooted in primal instincts: He is (or appears as) powerful—a protector/provider; someone with strong physical and mental prowess. Where things change is in motivation. Men looking to achieve a fast, temporary romance, will use

confidence as a weapon, and give the perception that they are strong, a provider, and a protector; the stereotypic Alpha Man. In truth, this is a ruse to guarantee their acceptance to the next level—woman sans clothing.

However, these traits (and the associated primal instincts and responses) don't incorporate the wants and needs of modern-day relationships lasting on animalistic mating.

The Scammer's Approach

She may think she saw him first, but even that is part of the scam. He's not in a rush, so he watches... waiting for an opening, or for the chance to create one. Whatever activity in which she's engaged—drinking a cocktail, reading a book, working on her computer, talking to friends—he will use it as an icebreaker to start a conversation.

Scammers create an approach on-the-fly... something that's unique to the woman they are pursuing as well as the situation. They know that originality counts during the initial introduction, and their overarching goal is either to surprise her, to make her smile, or to bring her down to his level—all of which is largely dependent on the Scammer's interpretation of what will work the fastest. In effect, he is sizing her up quickly, determining the right approach needed, and working to break down mental barriers. He is working to find her individual Trigger—designed to cause a woman to feel some way, or respond in some fashion. They aren't necessarily designed to elicit a positive response every time; they are used to cause her to lose the upper hand in this primal courtship dance. Do compliments work? Sure. Telling a woman she is smart, beautiful, alluring, etc. can help matters, but they don't help the Scammer coerce her into bed. For fast results, some men use... other tactics. One in particular—known by my group of morally challenged miscreants in our pick-up days as the “Pump and Deflate”—is today called “The Neg”.

Negative Reinforcement

The Neg. Harsh-yet-strategic criticisms to remove a woman “from her pedestal”. Positioned carefully as playful banter—but insults at the core—they do their job remarkably well. Negs keep a woman with the slightest dent in her self-esteem just a little off-balance, they test for compliance, and work at eliminating mental and physical barriers. Quintessential example: “Uncross your arms. It's a sign of anger.” (Women almost ALWAYS uncrossed them. The result: Questioning if she is angry, loss of confidence, and the removal of a subconscious act of suspicion and defense.)

And that's a light example of Negs. When I was dating, I never personally stooped to use this technique, as I never wanted to be perceived as an asshole (which, to the casual observer, virtually all of this behavior can be categorized under that simple heading). However, I've seen it in-action... and wow, is it effective! The comments range from, "Your lip is just a little crooked when you talk," to, "I could never date you. You're too fat." (See? Asshole.)

Almost Attainable

My favorite tactic—and by far the most effective—was in two steps: 1) becoming the guy she wanted, but then, 2) to "be honest" about my not wanting a relationship right now. For most of the women I was involved with, that was the ultimate challenge—an invitation, in fact—to try and convince me that she was the one for me. I was empowered to do almost anything, and there were no limits to my freedom (as I was honest in not wanting exclusivity). But still, because I arranged myself to fill so many of the wants/needs they were looking for in a man, I was worth the chase. In essence, I was in control by creating her illusion of control.

What a Woman Can Do to Counter

It's important to note that there are plenty of confident women that The Neg (and other underhanded pick-up techniques) do/will not work on. But scammers play the numbers game, as it's all about the end-goal of getting someone—nearly anyone—into bed. If a woman can resist the temptation/challenge, scammers move on to an easier mark.

- **Don't play the game.** If he is really interested in you, you'll know it. If he's not, you'll wonder all the time if he is... it's as simple as that.
- **Resist the [typical] Alpha.** Alpha Men have their use, but given what women have said that want in a modern-day relationship, these guys are not equipped to provide it. They might have some of what a woman is looking for from a primal standpoint, but not for a long-term relationship.
- **Reversal.** They will never admit it, but guys are just as vulnerable to pick-up techniques as the ladies. A challenge is just what many men need to keep them on their toes—both at the start and throughout a relationship. Make the guys work for it.
- **Bolster your self-esteem.** Don't fall for The Neg.



To like or comment, visit http://on.fb.me/pickups_and_alphamales

Why Porn is Teaching Your Man Bad Habits in Bed

This past weekend, I got into a discussion with friends about sex and pornography, and it all boiled down to two questions: 1) Is porn a good thing or a bad thing? 2) What does it do for our sex lives?

Firstly, let's acknowledge that pornography can be good for some people. Couples going through a hard time sexually are often prescribed pornography as a way of reengaging and rejuvenating their sex lives. And some people are voyeuristic, and get turned on watching others. But if your guy thinks that the reel-life he's seeing should be anything like your real-life in the bedroom, then there's a problem. Here's why:

Porn. Is. Fake.

Once you strip away the facade of overacted orgasms, bulging biceps and silicone implants, you can remember that there is a crew of 10-15 people on the set — and from that simple fact, the fakery is obvious. These are people getting paid to perform a job... and it's no different than any other form of entertainment. The question is: Does your guy believe that it's real?

As an analogy, some WWE fans allow themselves to believe the "wrestling" they are watching is real, too, but the key difference is that most wrestling fans — even if they think wrestling is real — won't try performing a pile-driver on their friends. And that's where porn seems to be different.

"My [sexual partner] will love this, because those porn starlets love it."

Last weekend one of my friends looked at me completely serious, eyes burning, and said, with much conviction (and volume):

"F**K porn, Charles. Period. I mean, who told men that I like it when they... " [she then takes two fingers and pounds violently on the table with them] on my clit!?" We all laughed hysterically, but it was then that I truly understood how the porn industry is teaching its target market (read: men) all the wrong things, creating a huge disconnect with what men expect in bed.

Here are 6 bad lessons from the porn industry:

1. Women are always ready. Porn is flawed right from the time you hit Play on the DVD player. While there are women who are ready for sex at the drop of a hat, most require some kind of effort besides eloquent, smooth lines like, "You ready?" or "How about some?" Do men really think that a line like "Wanna bump uglies?" is going to get them in the mood? It's going to take a little more than that to get a woman to relax enough to forget about work stress, money worries, the kids, boring chores and everything else that is preying on her mind.

2. All women want to do anything to/for the man, while he provides a bare minimum. This is highlighted in every movie and in every scene. 99 percent of sex scenes start with.... (wait for it) — a blowjob. Of course... because she's been sitting around all day just waiting to perform that act.

3. Foreplay is not necessary. No need for all that pesky foreplay — kissing is overrated, ambiance is unnecessary, creating any kind of a mood is just a waste of time. Just give it to me now! Sometimes a quickie is just what a woman wants, but every time? No way!

4. Everything on a woman is... uh... "accessible"... and she wants you to do whatever you want to her body. Yeah, right. Sure. Women want no ambience, no foreplay, no attraction to their partners, and no privacy as a man inserts his various extremities and pounds every possible bodily opening (perhaps without any lubrication). Puh-lease.

5. Nipples are there specifically for men to abuse. In porn land, pounding, pulling, pinching, twisting and prodding obsessively — with ever-increasing intensity — on the most sensitive of a woman's body parts will earn men extra points. Can we please acknowledge that there is a real difference between aggressive sex and clumsy, seventh-grade experimentation? Some women are into pain and kink... but not all. (A clearer definition: Erotic might be a feather... Kinky is the whole chicken.)

6. All women are naturally attracted to other women. Ah yes... the Holy Grail of sex for men: The threesome. There's nothing wrong if she's into it, but you won't catch most women hanging out with a friend, dressed as secretaries (or school girls, or teachers, or bikini-wearing "housewives") with blue eye shadow and sticky red lip gloss, waiting (err... pining) for the guy to come home (or knock on the door with a pizza delivery) so they can have sex with him together.

These examples showcase the massive disconnect between what most women say they really want, and what men are being exposed to on a constant basis. If men are being turned on by an ever-increasing

selfishness in bed, it's no wonder sex lives are suffering (which I'm not just assuming ... I've been told). I'm not suggesting that sex needs to be candles, soft music and aromatherapy every time, but assuming all women want these things is B.S.; there's just no other term for it. And I'm also not suggesting that men should be doing all the work to create the mood, but I would suggest that there are rewards to be reaped for reading the scene, creating the right environment, and moving slowly... ending in a fever pitch.

Seduction is not over-rated... and it starts way before you enter the bedroom.

Originally published on Yahoo! Shine for BettyConfidential.com



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Why Women Cheat

A Married Man Goes Undercover On Ashley Madison

"Honey, I have to join Ashley Madison."

So began the pitch I gave my wife to let me join the marrieds-looking-for-affairs website, AshleyMadison.com. It would be part of my research into women who cheat, why infidelity is increasing, and what can be done to possibly affair-proof a marriage. I proposed to "cheat" on her for a few weeks, to talk to and attempt to seduce as many women as possible, and get a real-world understanding of why women want to stay married but also need some illicit action on the side.

Of course, on my end, there'd be nothing more than conversation. She looked at me straight-faced, unflinching. I searched her eyes for any telltale sign of the Charles-I'm-going-to-punch-you-in-the-face-right-after-I-castrate-you look; nothing. After a long pause, I got her only thought: *"No, I get it,"* she said emphatically. *"It's a great story. But it's kinda like asking the newly-vegetarian fox to guard the henhouse, isn't it?"*

I thought about it, and unfortunately her statement wasn't too far from the truth. If you back me up a few years—sans wife, kids, dogs, published book on relationships, 400,000+ fans following my relationship advice on Facebook—I was a chronic womanizer; a past she knows about, but never experienced personally. To make matters worse, I wasn't some weak pick-up artist using idiotic dating boot camp approaches that reeked of negativity and douchebaggery on vulnerable women in order to break them down and manipulate them into sex. No... I was far more despicable than that.

Was I looking to get women into bed? Of course, but it was more than that. I worked hard to become the embodiment of seduction. To quickly read the spoken and unspoken clues of what a woman was looking for in a man, and then give her the perception I was that guy. In effect, to become so alluring that she would willingly give herself over, thinking that having sex was her idea. After all, it's much easier to convince people of things they think they have thought of themselves. **It was quite a rush, and as the wake of emotional destruction would later exemplify, seducing women became my drug of choice.**

"No, babe... that's not even close," I told her, not fully considering the implications of the coming situations. "That was 15... no, almost 20 years ago. And you know that I love you. There's nothing to fear."

After another pregnant pause, she consented with a few words of sage advice: *"Don't. Fuck. Up."*

The Statistics

According to *The Journal of Couple and Relationship Therapy*, nearly 50 percent of married women and 60 percent of married men will have an extramarital affair at some point in their marriage. When you consider that these statistics are nearly double what they were a short 10 years ago, clearly this is beyond an issue; it is now commonplace. But it's far from a surprise; it was predicted. Futurist Alvin Toffler wrote the best seller *Future Shock* in 1970, and with matter-of-fact conviction he wrote of "trial" or "temporary marriages"—young people's first marriages, lasting three months to three years—and of "serial marriages" that would take place after the dissolution of the "trial marriage" at specific turning points in people's lives.

So, does this mean marriage has "jumped the shark" and become obsolete? Hardly. Marriage is not the issue. Commitment and loyalty or the lack thereof are at the crux of this. After all, marriage is a legal and/or spiritual binding of two people... but if commitment isn't there and loyalty becomes a matter of subjectivity or convenience, the marriage is already nonexistent. Cheating then becomes a symptom of a secretly failed marriage.

But is it really so black and white, with no grey and no room for mistakes, missteps, or moments of weakness? Do people who cheat want to leave their current marriage? Are they secretly trying to get caught so they'll have an excuse to get out? I needed answers to these questions (and many others), so I headed where any high-tech junkie looking to cheat on his wife would go: online.

The Business of Infidelity

The advent of the Internet has made having an illicit affair easier than ever before. Meeting Mr. or Ms. Right, The Sequel, is a mere mouse-click for anyone with a credit card. If you're looking to Hit-It-And-Quit-It, there's AdultFriendFinder.com, Craigslist's Casual Encounters or Fling.com (among many others). But sex-only semi-anonymous hookups wasn't where my investigation was headed, as women looking to merely have sex can meet a man anywhere—nightclubs, coffee shops, Facebook, wherever.

My hypothesis was simple: Women who were looking for an extramarital affair with another married man were looking to connect in some way. If both parties were married, they not only started on even ground, but they had something in common—they were missing something from their current relationship. I needed to uncover the motivations behind starting and maintaining an affair.

And affairs are big business. Numerous websites are dedicated to connecting those looking to engage in *flagranté delecto* sans spouse. AffairsClub.com, MarriedCafe.com, LonelyWivesAffairs.com are but the tip of the iceberg, and all have women and men signing up in droves. The undisputed leader for cheating is AshleyMadison.com, the "Life is short. Have an affair." website. Ashley Madison has experienced meteoric growth to the tune 8.9 million members since its founding in 2002, with no slowing in sight. And while founder and CEO Noel Biderman doesn't condone having an affair, he seems perfectly comfortable with others doing their infidelity thing. Works for some... and now, it was my turn to get my (feigned) cheat on.

"Hello, Ashley Madison! Long time, no cheat!"

I filled out my nickname and relevant info, plopped down my credit card number (discretely billed as "AMDB" to my credit card statement), and then all I needed to do was... wait a second. I was faced with the eternal online seduction dilemma: now what? What will make the opposite sex want me online? What do women want to see on my profile?

Recent reports state that Ashley Madison has a community that is comprised of 70 percent men and 30 percent women. Clearly women have the upper hand with choice, so I needed to stand out against all the other guys. I posted a real picture of me (I was looking to connect in-person, after all), but I listed a fake name (if they Googled my real name, I was sure to be caught). To formulate the right approach, I decided to do something I couldn't do in the real world: get into the minds of my competition, albeit a little sneakily.

I signed up for a second Ashley Madison account as a woman, "Shelly," and began checking out the guys' profiles. Most of the men's profiles highlighted attempts at humor, asking straight-out for sex, to... uh... romance ("I like walks on the beach." Really!?!? Walks on the beach!? Come on, now... no, you don't! I mean, we all like walking on the beach, but that's not why you're on the site. And besides, the 1970s called, and they want their pick-up line back.) In contrast, so many of the women's profiles were dripped with laments ranging from "lack of attention" to "seeking excitement" to "need someone who pays

attention." Additionally, it was fascinating to see "Shelly's" inbox FILL UP in a matter of minutes. I hadn't even added a picture or completed the profile for that persona.

With a firm understanding of where my competition played—and the miserable approaches of some—I got to work writing something unique, confident, and (hopefully) mysterious and seductive. I set up three profiles to see which would resonate the fastest and which would hit with the most success. "Scottie" was unsure, shy, and a bit weak ("I'm not sure why I'm here."), "Greg" was the quintessential Alpha Male ("You know you want me..."), and the aforementioned "Cameron" was closer to the middle ("Too many men get comfortable—even complacent—and forget that foreplay starts outside the bedroom... that kisses can start soft with cheek strokes, but end with the back of her hair being pulled in wild passion.")

Early Success

Online dating is a complicated arena much like ordering fast food, in that what you get is never really what the picture and description promise. And given the demographical split on the site, I was prepared to be searching and waiting for a number of days for interest or responses. To my surprise, Cameron's profile had 20 messages on his first night.

I responded to a few messages, and before I knew it I was invited to a chat session with "SexyCat" (profile name changed to ensure her anonymity). SexyCat wanted to know all kinds of things, and what I would do if given the opportunity. With my wife watching TV on the couch a mere 10 feet away, here I was talking dirty to a 36-year-old married woman (who's husband was probably watching TV on the couch a mere 10 feet away from her). SexyCat wasn't the only one. I discovered that to satisfy their deep longing for passion with minimal risk, many women sign up for Ashley Madison to have virtual sex via chat.

Over the next several days, I had chat sessions of varying length with 33 different women (hmm... it is online... I wonder if they were all women!). In each session, I attempted to take things to the next level—an in-person meeting—but no-go. Most of these women seemed comfortable in getting what they needed online. It was arm's-length cheating for them (and perhaps one-handed typing). I hope I didn't disappoint them and that virtual cigarettes were ablaze in post-coital, pixelated afterglow of my cybersex adventures.

I told my wife about my hot chats... and she laughed. We got into a long discussion about the arm's length approach to cheating these women

had, and if it was really cheating. If it was borderline anonymous (read: they didn't know much about me), it was akin to an interactive romance or erotic novel. I recounted some of the more sexually explicit material these ladies had written, as well as what I wrote in response, and we both said aloud what we have known for a long time: When it comes to sex, women will get into the **real** detail... so much more so than most men. And with the inherent anonymity of chat, those inhibitions only grow exponentially. But I hadn't been afraid; I can talk dirty with the best of them. But Ashley Madison had more in store for me than just chat sessions.

Date #1: "Ashley"

"Ashley" initially reached out to me and was eager to meet. After a brief inbox exchange on the website, we decide to meet for coffee at a cafe in Mountain View, a stone's throw from California's Silicon Valley. She was a dead-on match to her picture: a striking 5'8" blonde. As we headed inside, I caught a glimpse of our reflections in the window and laughed quietly. At 5'5", I look like Dudley Moore to her Brigitte Nielsen.

She was confident, and as it turned out, a bit of a cheating pro. At 43 and a pure Type A personality—a Sales Executive in high-tech—she'd been married for 22 years and has had several affairs. Ashley Madison has been her "outlet" for the past number of years. I ask if her husband has an outlet, as well, and she was clear that he doesn't. *"He would never,"* she said with equal confidence. *"He doesn't have time for this kind of thing."*

As we talked, our conversation turned to the philosophical and intellectual side of life and world events: Descartes, Nietzsche, politics, world history, religion, sex... subjects about which I have no shortage of opinions and personal insight. And I realized her outlet was mental and intellectual stimulation. She was fascinated that I was able to keep up with her, and she flushed, showing signs that this was more than banter for her—it was foreplay.

Ashley told me she loved her husband but couldn't understand why he had dropped back from their relationship. He was "passion and romance" when they dated, but had become "all work and no play." She shared briefly that as the Chief Technical Officer of a technology start-up, he was too busy for her, with travel and his company taking all his time. *"But he's always been too busy, ever since we got married,"* she lamented. I piled on to her discontent by falsely offering that my wife also has no time for me, but I then asked her: *"So why don't we leave them, then? Why are we here?"* She didn't miss a beat. *"I need passion. I need to feel something... almost anything at this point. He has great qualities, but..."* and we then dropped the subject at her request.

She was extremely intelligent and witty—and she was just as clear that sex was a priority.

"You seem a little green, so let me explain where I'm at. I'm not here looking for a husband, so you don't need to worry about that. I'm looking for a man to take the lead; to invest his time, but not his emotions. Oh, and your height isn't a problem." We both laughed.

Our hour-long coffee date flew by, and under different circumstances I would have loved to continue the conversation. She was strong, funny, direct... but she seemed OK with missing out on what she really wants from a relationship and settling for something mediocre in her romantic life. I left the date thinking I might better understand her on our next date.

Date #2: "Shannon"

"Shannon" read my profile and reached out to me to begin a dialogue. When we connected, she was upfront that she wasn't yet clear on her limits, so if I was looking for sex today, I needed to move on. I told her I wasn't clear either, and that coffee sounded good, hoping we could share a bit of time to see how we both felt.

Shannon was interesting: 35, dirty blonde hair, smart, funny, full of life, well-read and educated. She had made the decision to raise her two kids as a stay-at-home-mom. She and her husband met in college, and had been together since, but his attentiveness waned after the first couple of years. I asked why she stayed. Her answer: *"Because I love him."*

I feel strangely comfortable, so I shared that I hadn't had an affair yet, and that I'm new to the site and not clear on what to do... or when. She empathized, remembering when she was new to Ashley Madison. She'd had two affairs in the past, but they were strictly for sex, and it left her feeling empty. *"Sex is great, but I'm looking for some time together, too. Not dating... but just something new. My husband is a great guy, but he talks to me like I'm stupid half of the time. And I have kids, I don't want to leave."* We talk more and it's clear she wants to laugh, to live, to love. I wonder why she stays with her husband.

At the end of our date, I keep things cool and she asks if we can get together again. I tell her that I'd love to (knowing I can't/won't), and I ask her to reach me back on Ashley Madison. She's sent me three messages since... and I answered the last one telling her that I realized after we parted that I couldn't cheat on my wife... just not how I'm made. She responded, telling me she understood and wished me well.

Date #3: "Lisa"

I found "Lisa" by searching through the profiles. She was an attractive brunette, 5'4", 39, 130lbs., two kids, residing in the Bay Area. After reading her profile (something I've been told many men don't do with online dating sites), I sent her an inbox message telling her that I really liked her snarky attitude, her bold statements, and her general approach to life (which I had read about in her writing). Her profile stated that she wasn't sure what she wanted from being a member of Ashley Madison, but she was clear that she wanted to chat with me. We took the chat off the site to Yahoo! Messenger, and within seconds it was clear that she wasn't after cybersex ... she was trying to feel me out. No overtly intrusive questions... just getting to know me a bit. We talked about books, sex, great places to travel, music, sex, movies, sex. After about 40 minutes of banter, I went in for the kill: *"Want to grab a bite to eat this week?"* I wrote, asking her to lunch. My convincer: *"It's just lunch. :) 60 minutes. If there's no connection, no harm, no foul. And I know a great place in The City. Come join me. ;)"* I typed, dripping with confidence. She agreed.

We met the next day at Albona Restaurant in San Francisco's North Beach restaurant district. It was crowded, but she recognized me instantly from my profile picture, and I had already secured a table. We exchanged pleasantries, ordered a mid-day cocktail (I think I needed one), and began talking—me sprinkling in my interview questions throughout normal conversation. Over the next hour I played the part of the guy who was married, but just couldn't get into the humdrum of married life. I needed... something. She quickly agreed with me and then spouted answers as I took mental notes.

I asked her why, with all the choices available to her, she had answered my email. Her answer: because of how I phrased things on my profile. Aside from the raw passion I had exhibited, she said I showed "thoughtfulness, intelligence, and a confidence" that came through in my writing... and I didn't send her a picture of my penis. At 39 with two young kids, she lamented that her marriage had grown cold, and her husband complacent. Her relationship was good in many ways—financially stable, secure, friendly—but it lacked... and she stopped. I probed, *"Passion?"* and she almost leaped off her seat in agreement. She longed for spontaneity, the freshness that accompanies new relationships, and the effort that her husband had put in 10 years prior.

Midway through the meal, I started flirting with her. The challenge: I couldn't get my wife out of my head. But as I continued, I found myself returning to the guy I was years before: focused on seduction, listening for clues to her wants and needs. We were now done with lunch, and I turned my attention to how far I could take her. As it turns out, she was the one who gave me the in by asking, *"What do you find the most attractive about me?"* This question is a pick-up artist's dream for a number of reasons. Firstly, it speaks to her not having been complimented often enough, as she was fishing, apparently insecure and looking for validation. Secondly, it shows that she wants to know where my head is at; what do I see first when I look at a woman, and how does that relate to her? And thirdly, it's an inviting question, in that she wouldn't have asked if she wasn't interested in me. So, her simple question tipped the scales in my favor.

"You have a great walk," I told her. She looked at me like I was crazy. *"No, really,"* I said. *"You can tell a lot about a woman by the way she walks and her body language as a whole. Is she looking at the ground, unconfident, or is she standing tall, greeting the world? And, you have a swing when you walk,"* I added playfully. She was taken aback—as I knew she would be. A clever man might talk about a woman's intelligence being a turn-on, but most men don't usually talk about confidence in this fashion. I moved the conversation from confidence-building to sex, and she followed along, clearly digging where I was guiding things. She was very interested in how I saw her, hungry for the compliments and clearly longing for the passion I started putting out. She reversed the question on herself and then told me what she liked about me, and the conversation tumbled into her passionate thoughts, how I was making her feel: relaxed, free, feminine. At this point, I was in a dicey situation. I didn't want to sleep with her, but the challenge of having her commit to giving herself over was intoxicating. So, I kept pushing the limits and pouring it on, all the while hoping that my wife would understand the true motivations for my actions.

Fifteen minutes later—an hour-and-a-half after we arrived at the restaurant—I made The Ask: was she interested in heading down the street to a nice hotel and experiencing what I have been describing? I told her I haven't prepared for this, but connections like this are rare, and that I'm having a hard time controlling myself. I didn't want to be so forward, but... and I stopped talking, letting my look fall to the floor. This gave her the illusion of being in control of the situation with a choice. A short pause and a coy smile from her told me instantly that she is absolutely hooked, and mine for the taking. She agreed to go to the hotel with a whisper, and leaned across the table to kiss me to seal the deal. And... I froze. My body language changed instantly, and I sat back from the table and put my hand up to stop her advance.

"I can't."

"*What?*" she laughed.

"*No, really. I can't do this.*"

"*What are you talking about?*" she asked, with genuine confusion. With a sigh—and for the first time realizing that I didn't have an exit from this situation—I explained: "*I'm working on a research project on adultery. This is a part of it. I'm sorry, but I can't cheat on my wife.*"

I paused and she stared at me in disbelief. I had effectively brought her to the apex of her wanting, and now I was pulling the rug out from under her.

"*So, this was all bullshit?*" she asked through her teeth, not wanting to cause a scene in the restaurant. I sat motionless, unsure of what to do when she made the decision for me. With a look that would level an army, she seethed out, "*Fuck you, Cameron,*" and threw what was left of her martini at me. She turned and stormed out of the restaurant.

My heart went out to her. It wasn't her fault. I'd be a liar if I said I wasn't tempted, but my wife, my honor, my word and my humanity are not worth it, no matter how attractive she might have been. After patting myself dry amidst slack-jawed looks from other diners, I left the restaurant and headed home. I was emotionally spent.

The Fight

As I pulled into my little suburb-of-a-town, I arrived at a local coffee shop down the street from my house, and I called my wife to see if she would join me. She agreed, but when she arrived I knew something was wrong. My thoughts were confirmed when I greeted her. With a smile on my face and my arms out to embrace her, I was greeted with, "*Don't even touch me, I can smell you from here. You smell like liquor and whores.*"

Whoa! This was NOT what I planned on, and this isn't the way our open and honest relationship normally runs. She sat away from me, her arms folded in front of her, sipping her coffee and barely looking at me. I told her the story of what happened: the restaurant, the lunch, the flirting, the advance from Lisa, the cocktail. Her anger intensified.

"*That's bullshit, Charles. No one throws a drink on someone for nothing. What did you do? Just tell me. What did YOU DO?!*"

For much of the afternoon, she fought with me. Given what my investigation was trying to uncover, and in light of my recent actions—even though they were "allowed" actions based on what we had discussed—I felt I had nothing to stand on. I tried to explain that I didn't do anything, but she wasn't buying it. After three hours of not speaking to me, it became clear what was really bothering her when she told me emphatically: *"You know, Charles, it's amazing. I don't care about your 'date'. And for all I care, you could have slept with her. But tell me this: When was the last time you took time out of your day and took me to lunch for no reason?"*

A Revelation

Her statement to me was an eye-opener, and in polling 250+ women in the days that followed, I reached an important understanding. When an adulterous man is found out, there are many, many women that can get past the sex act itself. But the real problem is where his effort has been going. As his wife sits idle, being supportive, holding down her half of the relationship, house, kids, etc., a cheating man will put boat loads of effort into seducing the other woman: four-star restaurants and hotels, gifts, laughter, spontaneity, passion, sex. From there, it's a sad realization for his wife that translates to *"I'm not worth the effort."* This is a fatal blow to her self-esteem and self-worth, and terminal to the relationship. My wife and I got past it, but I had to relent to the fact that I hadn't done those things for her recently... and it wasn't purposeful, it was a mirror into my own accidental complacency (and I'm supposed to be an expert!!!). It's not that I take her for granted. But in acting like a cheater, I had fallen into my own trap. Accidentally? Perhaps, but does it matter? Isn't the end result the same?

With all my experience and expertise, I keep learning.

Reflection

Contemplating all of my experiences with the women of Ashley Madison—chat sessions and in-person dates—several things became painfully clear. First, there isn't one "type" of woman looking to cheat online. Some were looking to have sex, period. Others were looking to subsidize their current relationship with a human connection... and if it led to sex, even better. But all were clear that they were not leaving their current relationship. These weren't monkeys getting a grip on the next branch before letting go of the first. They just wanted to feel what they used to feel from the man in their life.

The most common complaint was a lack of passion and effort by the man in their current relationship. It makes sense. When a man begins dating a woman, he puts in tons of effort; he woos her. Once she's "his," he stops putting in that effort, but she still longs for it. She wants to be

desired, seduced, and connected with on a regular basis. So many men seem to be missing the boat. They start strong, having a decent sense of how to capture a woman at the beginning, but upon entering a relationship they are unprepared for the long haul and investment a successful relationship demands past the dating phase. The situation starts to reek of complacency and satisfaction in mediocrity.

Should the women of Ashley Madison leave their current relationships before starting a new one? Yes... but the sad truth is that these women weren't looking to start a *new* relationship. I got the distinct impression that they were filling their needs outside their relationships until such time that he noticed he was disconnected, it became unbearable, or it ended on its own. And until then, they were willing to settle for a half-marriage with a side of passion. I still feel that cheating is the wrong thing to do... but this is the grey area I didn't see before.

To the men thinking of getting married: being married isn't like dating. Marriage doesn't take "work" per se, but it does require concerted effort and investment in each other, and in you. If you aren't into it, don't do it, as you will be setting yourself up for failure—perhaps finding your wife on Ashley Madison. Or worse, out with a guy like I used to be, enjoying passion because you stopped bringing it.

Men in established relationships and marriage need to remember that women are women *first and foremost*... and wives and mothers *second*. If a man stops bringing passion and effort to his relationship and stops treating her as a desired woman, he shouldn't be surprised when she feels forced to fill her needs elsewhere.

Originally published on MSN.com for YourTango.com. Optioned for film.

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ABOUT THE AUTHOR



Charles J. Orlando is a author, speaker, online personality and relationship expert best known as the writer of the acclaimed book *The Problem with Women... is Men: Volume 1 - The Evolution of a Man's Man to a Man of Higher Consciousness*, and is the sole voice behind the smash-hit Facebook advice and relationship page: The Problem with Women... is Men.

Charles is an active member of Mensa ("the High IQ Society"), is a contributing writer to a variety of online and print publications, and is regularly tapped by TV and radio shows for his relationship and marriage expertise, including Self, Men's Health, Shape, and The Reporter. Charles' book *The Problem with Women... is Men: Volume 1 - The Evolution of a Man's Man to a Man of Higher Consciousness* takes readers on a humorous, blunt, tell-all romp through the world of men and their issues, with author Jenna McCarthy being quoted as saying, "If husbands came with handbooks, you'd want it to be this one!" Through his efforts, Charles hopes to assist women in regaining their sanity and self-esteem, and empower men in evolving beyond their primal instincts.

For more about Charles, please visit <http://theproblemismen.com> or on Facebook at <http://facebook.com/theproblemismen>.