

# Ask the Guys' Guy: How Do I Know My Boyfriend is Serious About Me?



By [Robert Manni](#)

Question from Amy K. San Jose, CA: "I've been wondering lately if my boyfriend really loves me. We haven't been together that long, but how do I know things are serious? How do I know he REALLY likes me? Thanks, Robert!"

## Is your relationship *serious*?

Hi Amy:

With all the activity taking place in our lives, occasionally

we slip into the dreaded “self-doubt” zone, whether it is about love, work, or who we are and our value as a human beings. Before tackling your specific question about love, always remind yourself that you’re a divine being deserving of love.

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Concerning your sense of doubt about your boyfriend’s feelings, start by asking yourself why you feel this way. Is your intuition telling you he does not share the same feelings for you as you have for him? Or, is he not as emotionally available as you’d like and you simply want him to be more open about his feelings. If that’s the case, ask yourself why he’s not more open about expressing himself. Whatever the case, it sounds like you need reassurances concerning his feelings.

My advice? Ask him straight up how he feels about the relationship. Pay attention to the signals he provides in his response, both verbal and non-verbal. For example, if he’s unsure about his feelings, he will probably act unsure when responding. You can also ask if he loves you, assuming that you have expressed this previously and simply need reassurance. If you have not had the “are we in love” conversation, that’s a different story, but there is no reason why you should hold back on having this conversation. When couples are in the right relationship, it’s easy talking about anything with their partner. Again, when someone is uncomfortable expressing their feelings, it’s usually because they’re unsure about how they feel.

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As a guy, I can tell you that when a man is happy in a relationship, he doesn’t say much about it. He simply enjoys

being with his partner and it usually shows. When dudes have an issue on their mind, they usually bring it up to find out how their partner feels. Unfortunately, many guys (and women) who are unsure about their feelings often stay in relationships. It's not a good thing, but it often happens, so it's good to check in on how he is feeling on a regular basis.

The bottom line is if you want a sense of your partner's feelings, have the conversation, but do it in a casual way. When people, and guys in particular, feel cornered, they get defensive. That said, it's your right to know how he feels, and regardless of the response, it's always better to get to the truth. After all, the truth, for better or worse, will set you free.

Hope this helps. Good luck.

Guy's Guy

### **Robert Manni**

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## **Ask the Guy's Guy: Single Ready To Mingle, But How Do I Meet Guys?**



By [Robert Manni](#)

Question from Sarah Q. Detroit, MI: "I've been single for a while and I don't know where to meet guys or how to put myself out there without going to a bar and waiting for someone to talk to me! How can I meet guys?"

## **Meeting guys when you just don't know where to start!**

Hi Sarah,

I understand your situation. These days being single can be daunting, especially for women. Unlike guys, although women are often the aggressors in relationships, most single women and relationship experts I've talked to agree that women prefer men to be men (in the best sense of the word) and make

the first move. But it's tough to hang around waiting for random guys to approach, and it's not very empowering having to sift through guys who you are not be attracted to. That is unproductive and often unpleasant. So, what's a single woman to do?

**Related Link:** [Ask the Guy's Guy: How to Win a First Date After Meeting Online](#)

I suggest two modes of action. First, do whatever it is you enjoy doing. Never change that for anyone. But, at the same time you want to fish where the fish are. That means opening yourself up to new experiences and opportunities where guys hang out. Every dude is different, but most guys like some type of sports, art, action-packed activities, learning new stuff, and having a few beers with their buds.

If you like watching sports, find a wingman or woman and hit a sports bar. You might be into working out and/or playing sports. You'll usually find guys running, playing water sports, skiing, golfing, or playing tennis, to name a few options. If you like arts and entertainment, consider attending a local film festival or night spot with live music. Or, take a class in martial arts, spinning, wine tasting, film, yoga, or learning a language. The key is getting yourself out there and doing things you like to do, while being open to new activities where guys congregate.

**Related Link:** [Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media](#)

I'd reconsider online dating if you keep it low key. Why? Sure, we've all heard the horror stories, but we live in a digital culture, and a lot of couples have met online. It's worth a shot. My wife took a three day trial on Match and we were engaged within a year. It's all about being in the right place at the right time, and you can't do that if you don't try new things. Just don't fall into the deep end of the



online dating pool and end up overbooking yourself and forgetting why you went online in the first place. This happens a lot.

The key to meeting guys is doing what suits you and being in the same place as your target market. If you can find activities that meet both these criteria, you will be a happy camper, and happy campers often attract other happy campers. Finally, always love yourself, keep a positive attitude, and smile.

Hope this helps. Good luck,

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## Ask the Guys Guy: How Do I Live My Love Life Inside and Outside the Bedroom?







By [Robert Manni](#)

Question from Claudia F., Manchester, NH: “My partner and I have been together for five years. We’ve fallen into a routine and I don’t know how to liven up love life – inside and outside the bedroom. Any suggestions?”

## **Bring life back to your relationship – in and outside the bedroom!**

Hi Claudia:

In a [relationship](#), a lot can change in five years. Modern life is very stressful, so it’s easy to fall into routines after working hard all day; however, people evolve differently which can create issues. When one partner changes and is moving in another direction, their other half may be complacent. Your question is geared to livening up your love life, in and out of the bedroom, which sounds tactical, but underneath the

symptoms of boredom, there is always a cause.

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If you want to quickly spice up your love/sex life, consider dialing up whatever floats your partner's boat to the point where he can't get enough of you. If he goes nuts when you wear your black lingerie and heels, consider leather and thigh-high boots just for kicks. If he likes to relinquish control, handcuff him to the bedposts. Guys are simple when it comes to sparking things up in the bedroom. Give him more of what he craves and he'll pay attention. But ask yourself if that solves the bigger issues surfacing out of the bedroom.

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And what about you? Ask yourself what is making your love life feel predictable. Think of things you'd like to do to shake things up and make you feel alive. Consider taking a vacation together to an exotic destination or doing different things that come with a little risk, like deep water diving, traveling off the grid, or renting an airstream and driving west. Sometimes planning a trip together is all it takes in the short term. Often the symptoms of relationships feeling humdrum are because partners are moving in different directions and the relationship may have run its course. If you value your relationship and want to keep it going strong, take the initiative to think things through and take the necessary steps that will rekindle the passion for both of you.

Remember, you can't start a fire without a spark.

Hope this helps. Good luck.

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## Ask the Guys' Guy: Dirty Talk for Beginners



By [Robert Manni](#)

Question from Megan S: I'm not opposed to dirty talk, but I think I am terrible at it. Help!

## [Expert Dating Advice](#): How to Get Verbal in Bed

Hi Megan: Thank you for this provocative question. It gets me hot just thinking about it. Just kidding, but that ties into my response. Men and women get turned on by different things and every individual has his or her own set of turn-ons. Although there are generalities (men tend to be more visual and women are usually attracted to confidence and emotional intelligence) love and sex is often a crap shoot when it comes to what gets a particular partner hot.

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I was at a movie and my date swooned over the length of Daniel Day-Lewis's fingers. Go figure. When it comes to dirty talk, what might feel dirty and sexy to you might be bland or too tame for a guy or another woman. You just never know what is going to light up the scoreboard. But you have to be in the game to win, so take a deep breath and get ready to cut loose.

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Most guys like the direct approach and I would not be concerned about being too graphic. When it comes to dirty talk, the golden rule is to let your freak flag fly, hope for the best reaction, and, while you're at it, make sure you're rocking his world like no one else. Attitude goes a long way, so if you want to talk the dirty talk, make sure to walk the walk. You don't need to confine your sexy talk to the bedroom. Nothing turns a guy on more than when he is out on a date and his partner whispers in his ear what's in store for him when they get home. He'll probably immediately shoot up his hand and call out, "Check, please!".

The bottom line is to be confident and cool about your sexuality and not be concerned about the exact words you say. Get his attention, then relax and make things happen. If he does not respond to your dirty talk, don't take it personally. You can give it a shot another time. If he does not take the bait again, laugh it off and consider looking for a guy who craves everything about you, especially your sexy talk.

Good luck, and play safe.

Robert Manni

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### **More about the Guy's Guy:**

image:

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## Ask the Guys’ Guy: How Much Is Too Much On Exes?





By [Robert Manni](#)

Question from Mia B: Talking about exes with a new partner is important. How do you know when it's the right time to bring up your past and how much information should you share?

## **Dating Advice: What You Should Tell Your New Partner About Your Ex**

I have a theory about exes. By definition, they are no longer involved in your love life and there are reasons why. Every relationship is different, but if you see a pattern of the same issues cropping up relationship after relationship, it's time to look inside and ask yourself if you are doing something to invite the same circumstances into your life. There is nothing wrong with a relationship that does not work out long-term. Breaking things off does not mean it was a failure. The way I looked at breakups is we had our time together and we moved on. In the long run, when you look back, it's almost always a good thing that you moved on.

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The point is, exes are exes for a reason. It is not necessary to discuss them and past relationships in detail. It's always better to start a new relationship or even a first date as a fresh start without baggage. If for whatever reason you need to discuss or rehash details of past relationships and why things did not work out, keep it short, be positive, and don't play the blame game. There is no bigger buzz kill to potential suitors than listening to a new partner trash their ex. Everyone who hears this will put themselves in the position of the ex and wonder if they will be judged the same way.

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Of course we all have a past, but my advice is to tread carefully when discussing former partners. You'll get better results by focusing on your new thing and the lessons learned from past relationships that went south.

Good luck.

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# Ask the Guys' Guy: How to Pick Up the Man You Like



By [Robert Manni](#)

Question from Shaylin R: I'm all for making the first move on a guy I like. What are some tactics men like when a woman tries to pick him up?

# Best Ways to Make the First Move on the Guy You Like

Hi Shaylin:

Your question and suggestion is music to the ears of most of the men I know. Maybe it's because guys today are not sure how to make a real connection with a woman once they get past texting and swiping. Some guys are just plain lazy. Whatever the reasons are, most guys love it when women are proactive and make the first move and "pick them up." I'm not sure this is necessarily a good thing for women, but if you make the first move you will get a reaction, so it's worth a shot.

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Women send subtle signals to guys they are interested in. The problem is, most men don't pay attention and therefore do not know how to read the signals of an interested woman unless those signals are overt. I am not suggesting that women simply take over the dating dance and ask the guys out. I believe in romance, seduction, and a man behaving like a man in the very best sense of the word. Guys need to put themselves on the line more, ask women out more, and plan the specifics of a date. If women let guys off the hook on these basics and do all the work, IMHO, guys will sit back and let you. So, be careful of what you wish for.

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That said, times are a-changing and no one wants to wait around until a guy finally gets the message that you are interested. If the guy you set your sights on is not responding to your subtle overtures, it's okay to make a move,



Here's an example: he's always talking about the Yankees. If you have a connection, you could say, "My company has a season box at Yankee Stadium. I have them next Thursday." If he does not take the bait, maybe you want to rethink the situation. You can also offer to meet up casually for beers to discuss an issue he's facing or meet up for some much needed post-workout hydration after spin class. The point is, make it feel organic and not like you are chasing him. Leave bread crumbs on the path and make him work.

If you don't feel like playing it that way, ask him out without an organic connection. This could be coffee, drinks, or whatever. If he's into you, he'll jump at the chance. Once things get underway though, I suggest putting the onus back on him to pursue you. After all, do you really want to chase the guy around? He should be chasing you. You're worth it, right?

Good luck.

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## Ask the Guys’ Guy: Online

# Dating for Beginners



By [Robert Manni](#)

Question from Samantha W: I'm new to the digital dating world and my friends keep recommending Tinder, but this app has the reputation for hook-ups. How can I find something more serious and filter out the booty calls?

## **Serious Online Dating for Beginners**

Hi Samantha,

Congratulations on entering the digital dating world. When it comes to dating, technology can be a blessing or a curse. It's up to you and how you play the online dating game. One key to success is always being yourself, the same person you are online as offline. That means maintaining your values and criteria for potential online dates just as you would when

meeting someone in person. If you're not into booty calls, don't waste your energy on apps that have a reputation for hook ups.

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There is a wide variety of dating websites and apps to choose from. Many are specific about the type of clientele they seek and who they cater to. When getting your feet wet in online dating, it's easy to dive into the deep end of the pool and find yourself treading water due to the amount of offers you'll receive. On most sites and apps, new people get lots of attention and it can be quite overwhelming if you are a smart and attractive woman.

**Related Link:** [Relationship Advice: Four Types of Men You'll Meet Online](#)

Before signing up or downloading an app, do your own research and talk to your friends, both female and male. When you have a clear sense of what the apps and sites are all about, I suggest choosing between one and three apps or websites to sample on a trial basis. That way you'll see the differences in what each service has to offer without spreading yourself so thin that you're constantly juggling dates instead of qualifying potential partners and making a real connection. I also strongly recommend looking inside and determining what experience you want to get out of the online dating game before signing up. If your goal is simply dating, you're in luck. If you want to go deeper, you'll need to set your personal parameters for qualifying the type of guy you're looking for and then stick to your plan.

The good way of managing the online dating process is by starting slow and keeping things simple until you get your bearings and a feel for how the online dating game is played. Remember, never lower your standards to match a service or an

app that does not represent the real you.

I hope this helps. Good luck!

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## Ask the Guy's Guy: How Can I Support My Man's Mental Health?







By [Robert Manni](#)

Question from Alyssa B: “My relationship has gotten pretty rocky ever since my man’s mental health has started to decline. He’s always upset, but won’t ever talk to me. How can I help him past this?”

### **Helping a Partner Through Tough Mental Times is Hard**

Hi Alyssa:

Thanks for this question. When a guy is “struggling with his mental health,” it casts a wide net of reasons why, especially these days. Every situation is different and I want avoid generalizing. Regardless of the issue, your support is needed and appreciated, even if your man may not seem to be responding to your efforts.

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The key here, as with most relationship issues, is being present and keeping the lines of communications open at all times. Men are protective of their feelings and often hold

things inside, rather than sharing with their partners. Some guys still think that talking about their problems is a sign of weakness. We know this is the furthest thing from the truth, so you have some work to do.

The challenge is getting him to open up and tell you what's going on. After all, how can you be supportive if you don't know what's up with your man? Find a time to get him to talk and do it in a non-threatening way. If he has issues, he probably does not want you to know how much he's hurting. He may even be embarrassed or ashamed.

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I've found that the casual, not too serious approach works best with guys. Take him to dinner, a movie, a ball game, a round of golf, a walk, or whatever you think will put him at ease. Afterwards, look him in the eyes, tell him he seems preoccupied, and ask if there is something he wants to talk about. Make sure he knows you are there for him in a non-judgmental way, whatever the issue. See how he responds. At this point, you've let him know that you're aware something's troubling him. As your partner, it's up to him to share his feelings and perspective. Go slowly, but don't let it pass without a response. And be gentle. Things could get worse if he clams up.

Again, every situation is different when it comes to "struggles with a man's mental health," so no one size or solution fits all. It could be something benign or he may have done something harmful to himself or the relationship. You'll never know if you don't take the time and put in the effort to find out what's going on.

I hope this helps. Good luck.

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Read more from the Guy's Guy on [Cupid's](#).

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## Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other



By [Robert Manni](#)

*Question from Rachel A, Riverhead, NY: "I have trouble opening up to my significant other. I don't know why I have trouble*

*telling him how I actually feel! How do I fix that?"*

It's time to open up to your significant other!

This is an interesting question, Rachel, as more women than you'd expect are experiencing this issue. Unfortunately, for both men and women, failure to share their feelings over time often results with the relationship ending. Some women I've spoken with are often reticent to instigate a conversation with their man when they have something important to share about their feelings. Often they dance around the subject or hold off on telling their partner exactly how they feel. Over time this can breed resentment in her if she believes her partner does not know how she feels. If not handled properly, it gets worse and can become a deal breaker.

**Related Link:** [Ask The Guy's Guy: How Do I Get Through The Holiday Season Being Single?](#)

Sadly, although men need to do a much better job of focusing on their partner's feelings, they do not mind readers. Guys are fairly simple when it comes to dealing with what's on their mind in a relationship. If they say nothing, it usually means that in their mind, everything is fine. When they have a problem, they often bring it up with their partner. Guys usually decide their next move based on how the discussion goes and their partner's response. There is not a lot of subtext in how they communicate. That's why it is important for women to open up to their guys, make sure they hear them loud and clear and are willing to also share their "feelings". I use quotes around "feelings" because we know guys often shut down when they think they're being herded into "the talk". Yes, more quotation marks.

**Related Link:** [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

My advice is to be sincere and use the direct approach. Tell your guy what's on your mind and in your heart. Find a time to do this when he is relaxed and open-minded. And I don't mean after sex. Take a walk after dinner, go to the park or the beach, or maybe to an outdoor cafe you both enjoy. Use your intuition to determine when the timing feels right to start the conversation and try to keep it light. I know this sounds like a lot of rules for expressing your feelings, but guys are not great at paying attention to their partners and



often need to be informed how she feels in a direct, but loving way.

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Not knowing the details of your situation, I suggest that once you've gotten him to pay attention and listen, determine in your heart if he is totally present and respectful of your feelings. If not, maybe give him a second chance at another time. Over time though, if you feel like he is not listening and being responsive and it's too difficult getting on his radar, it might be time to seek bluer skies elsewhere.

Hope this helps, Good luck!

Robert

*If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email [gillian@nvmediainc.com](mailto:gillian@nvmediainc.com)*

**More about the Guy's Guy:**



Robert's podcast has been picked up by **KCAA Radio102.3 and 106.5FM, and 1050AM in So Cal on Wednesday evenings at 8pmPT, iHeart Radio, and Spreaker** along with iTunes, Blog Talk Radio, Stitcher and Tune In. Guy's Guy is growing!

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## Ask The Guy's Guy: How Do I Get Through The Holiday Season Being Single?





By [Robert Manni](#)

*Question from Meghan G from Babylon, NY: "It's hard being single during the holidays, what are some tips to help me get through being single? Or how can I find someone during this time?"*

This is a great question, Meghan. With all the hustle and bustle and last minute shopping during this time of year, it's easy to forget the true meaning of the holidays. Regardless of your spiritual beliefs, I think we can agree that this is a time for giving, gratitude, and love. Granted, this can be tough when you're single and see couples holding hands (some people still do that) walking along the bright and colorfully lit city streets.

**Related Link:** [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

Do your best to be grateful for what you have, especially if you are in good health. Then focus on your friends and loved ones. I believe that when we maintain a selfless mindset, good things come our way. Of course, there are no guarantees that you'll wake up on Christmas morning and find Mr. Right perched under your tree, but it's a good start for shifting your thoughts into a love-based mindset. I found that love comes our way when our heart is open. Use the

holiday season to practice making room in your heart for others, including a new partner. Finding love can often be that simple, and it has nothing to do with the time of year.

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Cherish your family and friends and be social. Attend parties you're invited to and spread the love you have in your heart. I believe when we radiate love, we receive love in return. And remember to be kind. What can be the most wonderful time of the year for many can also be a very stressful time for others less fortunate.

Happy holidays and good luck!

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