

# Ask the Guy's Guy: How to Make Valentine's Day Work for You



By [Robert Manni](#)

**Valentine's Day is a day most of us dread.**

It's commercial, pressure-filled, exploitive, and most importantly— forced and unromantic. I'll leave all of that to next week's *other* Valentine's Day post. But there are two ways to look at V-Day as it gets pitched our way each and every year. Whether it's chocolate, flowers, jewelry, vibrating panties, weekend getaways, etc.—you name it and they're selling it in fire engine red. Here are a few suggestions for

how to not only cope, but to have fun and share the love. And that's the point. Valentine's Day should be about celebrating heart-felt love. Your Guy's Guy suggests that the best way to make this a special occasion is by *personalizing* it. That means making it all about your partner...and not about you.

**Related Link:** [Should I Date More Than One Person At A Time?](#)

*If love is in the air and you want to fan the flames.*

If you're a guy and you want to get intimate with a woman for the first time the tendency is to buy her lingerie, hoping that she'll wear it for you on Valentine's Day. Don't do it. She is more than aware that you want the show. If you consider my suggestions and it's meant to be, the show will open to rave reviews... and it will go on and on. Chocolates and flowers and cards and jewelry are always welcomed, but a Guy's Guy adds intimacy to her gifts that empower them as expressions of love. So instead of doing the expected and buying a printed card at Walgreens, buy her a card that allows you to craft your own special message to her. Remind her of all the things she does that make her special and why you want to get to know her better. [Pay attention](#) to the details the way a woman does. Believe me, she will notice and you won't have to buy her red lingerie. She'll bring on the black when the time is right and when she does you'd better fasten your seat belt. Other things to consider are attending events together like a sake tasting or a Broadway show that she mentions in passing. Sharing brings couples closer together.

*If you want to keep the fires burning.*

Again, it is all about personalization. If you buy her jewelry, have it inscribed with a special message. A former paramour once bought me a silver necklace with an understatedly elegant pendant. Nice. When I looked closer she inscribed the underside with, "Love Slave". Talk about marking

your territory. It [worked](#). Of course when my next girlfriend took one look at it, it came off instantly. If you show some effort to personalize your gift when you are in a long-term relationship or marriage, it makes your partner feel appreciated. How about writing down the twenty things she does that make her so special. Why is she so important to your life, what makes her sexy, funny, etc? Make her feel special. That is intimacy.

**Related Link:** [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

### *Wild Cards*

If you're going down the sexual path remember to make it all about your special someone. That's where the lingerie and crazy stuff like vibrating panties and sex toys come into play. All good. That said, you want to make sure that there is as much giving as receiving so that the festivities go all night long. I recently read about an "arousal gap" between men and women. A real Guy's Guy wants to make his woman happy. It's not a race to the finish line; the goal is to arrive at the same time so everyone wins. Remember that Valentine's Day is all about your partner, so have fun. And play safe.

**Are you making Valentine's Day all about your partner?**

Previously posted on [RobertManni.com](#)

Hope this helps,

Guy's Guy

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# Ask the Guy's Guy: Can You Be Friends After A Breakup



By [Robert Manni](#)

Question from Carrollton Q. "My girlfriend and I broke up amiably 6 months ago and we are still friends. I think she still has feelings for me, and I don't know if it is best to give us space or should I just treat her as a friend and hope her feelings fade? "

# Is it possible to spending time with an ex after a breakup?

Hi Carrollton:

Great question about an issue many daters face. Having seen my share of committed relationships, I discovered that the end is not the end until both partners get on the same page. Breaking up is tough, and regardless of the circumstances, people are creatures of habit. That makes cutting the cord with your ex a challenge. And, if the sex was good, it makes it even more challenging. When you meet up with your ex, even as friends, it's easy to be tempted to return to old habits which are a short term fix rather than a long -term solution.

**Related Link:** [Ask The Guy's Guy: Should I Remain Friends with My Ex Online?](#)

So, I don't recommend post-breakup hookups. This can mess with your head on many levels. When a couple breaks up, it means at least one partner was dissatisfied and probably wants to date other people. How can you move on when you see your ex, and even under the auspices of a friendly drink, you end up in the sack? It's not a good idea. Here's an example.

I was in a committed relationship. Over time, we drifted apart partially due to travel for our jobs. Eventually, we broke up. She moved out and got her own place only a few blocks away. So, we got together a few times for a "friendly" dinner, and each time ended the night rumpling the sheets before she went home. This went on for a few months until I texted to see if she was up for a drink. This time she said no. She told me that the last time we got together she got busted by her new boyfriend (news to me) when she returned home with her blouse on backward. That was the end of that. Happily, the breakup turned out to be a gift. I licked my emotional wounds, moved on, and dated a number of amazing, intelligent, very

attractive women until I met my future wife.

**Related Link:** [Ask The Guy's Guy: How Can You Tell Red Flags From Online Dating?](#)

The lesson for me was that when it's over, it's over, and that means it's time to move on. In the rare instance that you both want to get back together, there is no better way to sort that out than spending time apart, without the temptation of post-breakup sex.

I hope this helps,

Your Guy's Guy

[Robert Manni](#)

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# Ask the Guy's Guy: Partner Verses Parents, How to Help Post-Holiday Stress?



By [Robert Manni](#)

Question from Emma B., "Hi Robert. I took my partner home for the holidays and things didn't go well. My parents and partner did not get along well and I was stuck in the middle. Do you have any suggestions of how to handle the aftermath and to keep the peace between all the people I care about? Thanks!"

**Post-holiday tension, how do I keep**

# the peace?

Hi Emma,

This is a great question about situations that often occur, but are rarely acknowledged as potential relationship deal-breakers. And unfortunately, there are no definitive answers when problems arise, because no two families or situations of this nature are alike. Every family has quirks we have to deal with, but for a relationship to flourish, it's critical that there are positive dynamics between our partners and parents. After all, when in a serious relationship, we're usually in contact with family on a regular basis.

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I've never had an issue with my partner's parents, but I did have a few relationships end due to underlying tensions between me and members of my partner's family. In one case, they drank and got high too often, even for my taste. On top of that, when they drank they had a tendency to become verbally abusive. Another time, my partner's brother pulled me aside at family gathering to threaten me if I did anything wrong to his sister. Unfortunately, at the time my partners became defensive and less than empathetic with me. Over time, both relationships ended. Looking back, I'm glad they did.

Without knowing the specifics of your situation, if your partner is not connecting with your folks, regardless of the reason why, you're caught in the middle which puts a strain on you and your relationships with both your partner and parents. You need to find out what happened. It could be bad chemistry, polarizing political views, cultural differences or your parents' perspective about the relationship. Get your partner's take and also broach the subject with your parents if they have not already talked about it with you. The issue could be the result of an innocent comment, or it could be

something more deep-seated.

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

Whatever the case may be, if you value your relationship, get to the bottom of things right away so any negative feelings don't have time to fester. If you do everything in your power to broker peace and things ultimately don't work out between your partner and parents, you'll have a choice to make. At least you'll know you did your best to find a way for things to work out between them.

I hope this helps. Good luck.

Your Guy's Guy

[Robert Manni](#)

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# **Ask the Guy's Guy: Is the Turkey Drop Real and How Survive a Thanksgiving Breakup**



By [Robert Manni](#)

Question from Julie S. asks: "I've been dating my boyfriend for almost a year, and this is our first holiday season together. After reading an article about the Turkey Drop, I'm curious if you think it's real and if there are some signs that my boyfriend might do the same to me? Thanks!"

## Were you Turkey Dropped this Thanksgiving?

Hi Julie:

Regardless of the season, if your boyfriend is about to drop you, it will be more than obvious. Here are some obvious signs, though. He might seem more distant, he is not paying as much attention to you, and his eyes may be wandering. Maybe he does not respond to your texts as quickly and has become less

available during the week due to after-hours “meetings” and drinks with coworkers and his buddies. Or so he says... These are universal signs that he may be moving on, regardless of the time of the year. And, that’s the real issue.

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

If you are in a tenuous or strained relationship, by the time November rolls around, all the holiday pressure and fanfare heading into the season make it a conveniently self-serving time to cut things off. Of course, no one likes being dropped, but in a way, escaping an unfulfilling relationship before the holidays can provide needed time to reset so you get a jumpstart on the new year which is only a month away.

Although it can be uncomfortable answering the same questions on Thanksgiving and other holiday get-togethers about why your guy isn’t with you, if things are not working it’s better to get this out of the way and enjoy the holidays on your terms. After all, during these hectic days, everyone is focused on their own affairs, not your relationship status. Plus, when you are newly single, holiday parties are opportunities to get back in circulation and make new connections while taking your mind off your ex.

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

Let’s face it. No one likes getting dumped, especially at this time of year. However, if you’re a glass-half-full person, being “turkey dropped” allows you to enjoy the company of your squad and loved ones without worrying about your now ex-boyfriend’s intentions. After all, who wants to stay in an unsettling relationship simply because it’s the holidays? Sometimes sudden endings are gifts in disguise.

Love yourself and make your happiness top priority, regardless of the time of year. When you’re in the right relationship you

won't be concerned about looking for signs that he's going to dump you. You'll be too busy having a great time and feeling good about your relationship.

Hope this helps, Happy Thanksgiving, and drop that turkey if he's not treating you well!

Your Guy's Guy

Happy holidays and good luck!

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## **Ask the Guy's Guy: I Want to Date More Than One Person, Should I?**





By [Robert Manni](#)

Question from Dani P: "So I've only been on a few dates with two separate girls. They are both cool and fun to hang out with. I told one girl that I was seeing someone else (we've only been on a couple of dates) and she said I have to choose. I don't know if I should choose between them. If I don't I won't get to see what things could have become though. I came out of a long relationship a year ago and don't think I'm ready to be serious, but I really like this girl. What should I do?"

## What are you really looking for in dating two or more people?

Hi Dani,

It seems like you want to have your cake and eat it too, and fundamentally, there's nothing wrong with that. After all, life is about finding joy and living your passion. So dating, which usually means seeing more than one person, is fine. However, life is determined by the choices we make, and it

seems like it's time to make some choices about what you want and who you want to spend your time with.

**Related Link:** [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

You are single and free and that's all good, but you need to decide what you want out of dating. From my own experience, I've met too many people who did not know what they wanted out of dating, and to a person, these singles always ran into problems just like yours. For every single person who is unsure what they want there is another who knows precisely who and what they want. In your case, it sounds like the woman who does not want you dating others either wants you all to herself because she really digs you, or she is pulling a power play. You'll have to do some work to find out which is true.

I suggest you take a step back and ask yourself what you want now that you're single again. It sounds like you want to play the field for a while. If that's true, then play the field and don't allow anyone to control what you do, especially when you're doing what you want to do. If it feels too early to get serious with this person, tell her you dig her, but that you just got back into the single life and would like to take things slowly for now. If she does not accept that, this may be a sign of her future behavior and your freedom. Take note of how she reacts and her response.

On the other hand, you state that you like her and would like to see her again. Cool. Then tell her you like her and would like to see her again, but make sure she also knows that you are not ready to settle into a committed relationship at this time. If she's understanding and she really digs you, she will respect your feelings and behave accordingly.

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

The bottom line is you need to decide for yourself what you

want out of dating right now and then be honest and clear about how you feel with potential partners if the subject surfaces. After all, you are the priority, and if you are not sure of what you want or how you feel, it could send out indecisive energy that can lead to similar situations.

The good news is that you are happily single and free, you're dating, and people want to date you. You're in a better situation than many of your contemporaries and all you need to do is follow your heart, decide what works for you, and be crystal clear with your potential partners about where you stand if the subject comes up.

Hope this helps,

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## 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.

**Related Link:** [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

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.

**Related Link:** [Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?](#)

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

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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 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 Liven 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.

**Related Link:** [Ask the Guy's Guy: What To Do If I Have Trouble Opening Up To My Significant Other?](#)

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.

**Related Link:** [Ask the Guy's Guy: Should I Stick Around to Feel the Spark Again?](#)

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.

Robert Manni

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Read more at [Cupid's](#).

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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.

**Related Link:** [Ask the Guys' Guy: How To Pick Up the Man You Like](#)

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.

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

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:

<http://cupidspulse.com/wp-content/uploads/2018/11/Robert-Manni-300x200.jpg>



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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.

**Related Link:** [Ask the Guys' Guy: How to Pick Up the Man You Like](#)

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.

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

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.

Robert Manni

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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.

**Related Link:** [Ask the Guys' Guy: Online Dating for Beginners](#)

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.

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

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.

**Related Link:** [Ask the Guy's Guy: Should I Stick Around to Feel the Spark Again?](#)

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.

**Related Link:** [Ask the Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other?](#)

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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## 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

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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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