

Relationship Advice: How to Emotionally Connect with a Man



By [Whitney Johnson](#)

On this week's [Single in Stiletto's dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about how to emotionally connect with a man and get engaged at any age. Watch the video above for their best relationship advice!

Relationship Advice to Help You Emotionally Connect with a Man

Here are three ways that women can connect emotionally with a man:

1. Be *interested* instead of interesting: The fastest way to connect emotionally is to be curious about your date. “When we’re trying to be interesting, we’re nervous and feeling self-conscious. We really fail to notice the man in front of us – who he is, the red flags, what he’s doing,” Sabourin explains. Being interested in him will encourage him to lower his guard and really tell you about himself. “Get curious!” Oshima adds.

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2. Be vulnerable: Be open and honest. Real vulnerability comes from a place of being able to accept yourself. “You’re going to be able to be vulnerable with a man directly proportionate to your ability to accept who you are,” the dating coach says. Vulnerability is very attractive because it’s real, and being as real as possible will create a connection right away.

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3. Be less agreeable: It’s a big turn-off when a woman just wants to please a man. “They want to know what your likes are, what turns you on, what gets you excited about life,” Sabourin shares. “Be a little more sassy and stand in your truth.”

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