

# Single in Stiletto Show: Why Are Men Commitment Phobic?



In this week's [Single in Stiletto](#) show, founder Suzanne Oshima talks to dating coach Jonathon Aslay about why men are scared of commitment. Aslay works with women to help them understand men from a “guy’s guy” perspective, so it’s safe to say he’s the perfect expert for this topic! When it comes to commitment phobic men, he encourages women to define what commitment means to them and ask themselves what level of commitment they require. Plus, he discusses the 5 C’s to a successful relationship and the difference between a commitment ready man and a commitment phobic man. Listen up for more great relationship advice!

**Related Link:** [10 Signs He’s Not Really Committed](#)

For more information about Single in Stiletto's shows, click [here](#).

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**How do you deal with someone who is commitment phobic? Tell us in the comments below!**