

# Relationship Advice: How To Get Over A Break Up With Someone You Were Never Dating?



By [Megan Weks](#)

We are afraid to say we want something real. We ease into the relationship secretly hoping it will turn into something of substance. We keep quiet. We don't want to "scare him away" by getting serious all of a sudden. Maybe you tried that before and nothing changed. Maybe you still went along with it trying to be "cool" and telling yourself, "I can handle it." Meanwhile, you're busy quietly nursing a dull heartache behind the scenes. You weren't even dating but it's fading away. You

know it's ending. You try to reignite it. You were hoping for more. He wasn't even your boyfriend. Why does this hurt so badly? The answer may surprise you.

## Getting over someone you weren't with

It hurts so much because you are breaking your own heart.

The time is now to figure out what you truly want in your heart. It's not shameful or embarrassing to want love by using dating services such as [The Love Personals Dating Website](#). We are born to love and be loved. The sooner you can look in the mirror and say, "I want love," without feeling any tightness, heat, or other emotional reaction related to a bit of judgment you have for yourself, the sooner you can look him in his eyes and softly declare that you're looking for something of substance. You are looking for an incredible human to share your life with. The sooner you can put this out into the world with the current of love behind it, the sooner the universe and men will respond with the same.

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Wishy-washy intentions get wishy-washy results.

When you're out there accepting crumbs from men, the universe is watching.

When you're holding something in and he can feel it, he is watching.

It actually lowers your value in his eyes when he can tell you're accepting less than you want and deserve.

He knows.

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It's your job to get in touch with your true desires and start communicating that upfront before you end up in another unfulfilling or imaginary relationship where you're breaking your own heart.

**Exercise:** Design your relationship on paper in a paragraph that is colorful with how it feels to be in the relationship you want. What do you do for fun? How do you communicate with one another? How do you feel in this relationship? What to accept in this relationship and what do you not accept. Write it all in the present tense.

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Set your intention and stand by what you want. Don't allow yourself to get tangled up in something that doesn't serve you. It's the epitome of self-love to follow your heart and speak your truth in order to line yourself up with the relationship you want.

For more information about dating expert Megan Weks, visit her website at [www.meganweks.com](http://www.meganweks.com). For more expert relationship advice articles from Megan, click [here](#).

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## Expert Dating Advice: Are You Ready To Move-In Together?





By [Megan Weks](#)

Thinking about moving in with him? Read some [expert relationship advice](#) to see if you are ready to make this move.

## **Making the next big step in the relationship!**

Before you move in with him, consider this: Rent is expensive and you'd LOVE to share it with him... You're sick of living out of a suitcase every weekend when you're at his house. You're practically there all the time. His dog is starting to call you "Mom." Is it time to move in? Think about this from a Man's perspective. What generally is a man seeking out of a relationship with you? Warmth. Encouragement. Admiration. Love. Sex. He gets it all nearly all of the time when you move in with him. We have all heard the old adage, why buy the cow when you can get the milk for free? Well, it's something to seriously consider when you are looking to move in with him.

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When the conversation of moving in arises, it's an opportunity. It's your chance to create a moment to have a man face some real-life questions. Basically, what are his intentions here? Otherwise, I guarantee it's not on the top of his mind. He is probably focused on his career or other important things like his fantasy league or latest fall micro-brew. He's not going to be sitting there thinking about his intentions with you. It may not cross his mind at all how this move could benefit you or not benefit you a year later when he's about ready to pick his fantasy team, again...

Use this moment to discuss intentions rather than going with the flow or "hoping." A tactic I see women using all the time. I also see it blowing up in their face where it's a year later, they are a year older, and they have nothing more but a year more of memories with a dude who just "wasn't ready" for what she wanted.

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Now realize I don't know you or your relationship so I'm simply asking you to consider this before proceeding. If you're looking for a formal commitment to A.K. A. engagement or marriage, don't allow a man to have you in his place all cozy while he decides what he wants to do with you. He gets to play house. He gets to have it all. You can spend plenty of time together to experience what living with one another might be like. You don't have to actually take that plunge to learn what you need to learn.

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Here is another thinking point. Are you considering moving in because it's an inconvenience to you? You're tired of going back and forth. You're tired of living out of a bag when you're at his place? Why is it that we women tend to travel to

the man's house? Why are we spending more time over there rather than him spending time at our place? I've heard answers many reasons to this question. He doesn't have a roommate and you do. He has a bigger bed, a bigger place or better TV. I've heard that the man isn't comfortable there and can't sleep well over at your place, and many more excuses.

Sometimes it starts to feel like a girlfriend delivery service. You're so cozy at this point, he barely has to take you out anymore on dates. I've seen men stay in relationships for years because they have all that they need but they also don't intend on proceeding with a formal commitment. After seven years, you move out and he marries the next woman who comes along who he dated for seven months! I'm pretty sure we have all heard some version of a similar story.

I see way too many women jumping through hoops to be the girlfriend. Let him jump through hoops to have you in his life at all. Did you know that a man will appreciate you about 100 times or more if you are very certain in your value and your deservingness to be appreciated? Women are so afraid to lose a man that they seem to hardly take this approach of making him work hard to have her in his life. A man wants to do this work. He wants to cherish you and go out of his way for you. If you make everything too easy on him, he will view the relationship as less valuable.

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Before moving in, you need to truly figure out what's best for you. I'm not asking you to take a fear-based approach but I am suggesting to be smart about this decision. It's a big one. Don't do it out of convenience. Don't do it if you don't know where the relationship is headed. Discuss both of your intentions and a timeline of expectations before you take the relationship to the next level.

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# Expert Dating Advice: How To Put Yourself Out There After A Break-Up



By [Megan Weks](#)

After having my heart beaten to a pulp too many times in my life, I've learned a valuable lesson: there's no time like the present to get back into the saddle. But before you get too

skeptical, hear me out on this [expert relationship love advice](#). Trust me, I'm a [relationship expert](#).

## Expert Relationship Advice to Help You Move On After a Breakup!

Of course it's good to take some time and heal. I'm not advising you to push past your feelings and not acknowledge them. In fact, it's an absolutely necessary part of the healing process. Lay in bed for a weekend. Cry. Watch all 94 episodes of Sex and The City. Wallow in enough cute animal videos to comfort you for a lifetime.

But then get back out there! This time do it with patience, an open heart, and with the goal of simply learning. You're out there only to learn and explore, to figure out how to improve upon what went wrong with the last relationship. Do you need to shift some criteria around to find a better match? Find your clarity through exploration.

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Here's the loophole. You don't necessarily have to date others to start dating. I want you to date yourself. Yes, yourself! Start filling up the time you used to spend on your relationships with creative ways of pampering and bettering yourself or just plain pleasuring yourself in any way you can think of. It's healthy to bring pleasure to yourself.

Maybe you're feeling lesser or you've lost some of your glow because a person you loved is leaving your life. Keep in mind you have the power to ignite your own glow! As soon as you're able to get out of that bed, it's your challenge to cultivate your spark again. If you're finding that you're luck in love is not all that great and you seem to be facing a lot of let downs and broken hearts, it's time to look within.



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There are a few ways you can increase the quality of your relationships. You can deepen your relationship with yourself through self-nurturing, become a more multifaceted person with more to offer as a partner, and you can increase your relationship skills. There is not a better time to work on these things than when you are grieving and taking a deeper look within.

When you live your life knowing YOU are in control of your joy and happiness, you will be able to cultivate it on your own without a partner. You will begin to have a greater chance of attracting a true and incredible partnership with someone else in the process. When two halves are out there looking to form a whole... that is not when the most idealistic partnerships are formed.

After heartbreak, it may take time to become whole again. Become the greatest whole you can be and you'll be well on your way to attracting an even higher quality relationship than the one you're grieving today.

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## **Expert Relationship Advice: The Exclusivity Trap!**



By [Megan Weks](#)

Are you stuck in an exclusive relationship but not really ready for a monogamous one on one? While we all yearn for that special someone to be just ours, jumping into exclusivity too soon can be damaging, especially to women. Read the [expert relationship advice](#) below to help you make healthier dating decisions.

## Expert Relationship Advice to Help You Stand Up for Your Best Interests in a Relationship!

What angers me the most about being a relationship coach is the same reason I am a relationship coach: women are breaking their own hearts. Yesterday, three women reached out to me in

desperation. They each have a man but they are feeling frustrated and nervous. Their stomachs are in balls of knots, they are crossing their fingers for luck, and they are extremely anxious. Why? Because their needs are not being met in their new relationships. Interestingly, these women happily agreed to jump into the situations they now find themselves in. Didn't they want a boyfriend? After all, that was their goal. Now, however, they feel trapped in exclusivity with men that may not be right for them.

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The "going steady" dating model, by the way, did not occur until the 1940s. It was born out of the desire for – and the more acceptable view of – casual sex. Before that, people would take their time to really determine if someone was a match, and then get married through a leisurely process called "courting." The "going steady" dating model, or "linear" dating, as I call it, can be extremely disempowering for a woman who has the goal of getting married within the next couple of years.

You meet a man. You date and spend time at his place and at yours. You get close, enjoy his compliments, and share laughs. Things are going great. You feel attached to him. You are excited to finally find someone who sees what you have to offer: how special you are. You feel like a [celebrity couple](#) at first. You feel comfortable and slip into that girlfriend role with ease...heck, you've been waiting a while for this. You're sick and tired of being "out there." Now it's your turn.

Or, is it...?

Suddenly, he starts to get a bit lazy. The communication isn't what you feel it should be from a boyfriend. He said he wasn't dating others, and you aren't supposed to, either. However, you don't know if you're seeing him this weekend or not.

You're playing the waiting game...again. The nervousness, the anxiety-stricken feeling, the knots in the pit of your stomach return. You start thinking that you're running out of time and that you're back in the waiting game. You want this all to be over. It's a familiar feeling, and it's awful.

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"How did I get here again? Why is dating, and men, in particular, so difficult? What can I do to save this relationship?" You don't want to make plans with your friends and then have to cancel on them if he comes around. You think to yourself, if you just see him again you'll get the magic back. So you push to see him again. You will accommodate his busy schedule. You make excuses for him. You accept less than you deserve. You lack integrity for yourself. You worry that if you stand up for yourself or push for more time, it will backfire. It's like your fate is dependent on his next move, which is determined by a stupid little flashing red light on a digital screen. You peek at it all day while at work.

Ladies, if you find yourself in this position, get yourself out of exclusivity. Exclusivity is a trap! You have no business spending your precious mind, sanity, and time waiting for a man to choose you. While it may not be what you want to hear in [relationship advice](#), you must get yourself back out there and explore your options. Allow a man to get to know you, and allow yourself to get to know him and his intentions deeply before you jump into an exclusive relationship.

Rushing over to his place and getting cozy is the lazy dater's way to find relief. You both can't wait to drop the pesky formalities of dating, jump in the bed, and experience what the relationship would be like – now. The problem with this is, the formalities are actually an important part of the courtship process, and a courtship process is exactly what you need to go through in order to avoid getting into "the

exclusivity trap!”

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# Expert Relationship Advice: How to Move On After Being Ghosted



By [Megan Weks](#)

Ghosted? Congratulations! While it may hurt to be left alone without any explanation, this [expert relationship advice](#) will help you see how ghosting can be a *positive* thing for your dating life.

# Reference the expert relationship advice below when you're feeling the dating blues!

Last night, a client told me how a man she had planned a date with seemingly fell off the face of the earth, except for one thing: the haunting green light on his Match account was lit up. He was online. His photos and approach were so entirely normal that I could not deem this man a scammer, a player, or anything in between. Frankly, it made the situation worse. It's easier when you can say, "This looks like a fake account" or "You dodged a bullet."

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My client was trying to move on and was doing great until that same man sent a message saying, "I have not heard back from you in response to my last few messages." The fishy thing was that my client had been writing to him and had not heard back. She explained that in her next message. Was it a glitch with Match? Could it be some sort of deranged, crossed e-mail lines? She wrote him several times, reassuring him that she had written back. Flatline.

Did this man make the most lame excuse on the planet to dodge the date he had previously seemed so excited to attend? We may never know. As my client told her story, I felt knots in the pit of my stomach. Dating can be extremely discouraging already. This behavior, while unlikely a technical glitch, was completely outside of the realm of integrity that would line up with my client. She is a person who dedicates her life selflessly to others and deserves the utmost quality in her future mate.

When I finished scratching my head, I realized this truth: Some people are completely inept in telling you that they are

not interested. One reason may simply be because they don't care. The other reason is that they actually care but cannot bring themselves to express the words.

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I want you to know that, if you're doing a good job putting yourself out there, you will come across some low-grade individuals – people who have little or no aptitude for dating whatsoever. It's going to be par for the course. While your dating life may not be the [latest celebrity news](#), it's still a tumultuous and painful journey.

What might be less obvious to you is that it's a sign you're on the right track. You're on the right track because you are taking the risks to get out there and to take the good with the bad. If you're doing that, you're already winning.

The path toward finding The One can be bumpy. It's those who are willing to face the bumps and persevere who will find their love. Keep going. Rejection is simply redirection. It's the universe's way of sending you one step closer toward your right person. Trust my love advice – it will help you avoid any more unnecessary heartbreak.

You were ghosted? Congratulations. NEXT!

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## **Expert Dating Advice: How to**

# Handle Heartbreak



By [Megan Weks](#)

Arie Luyendyk Jr.'s point of view on negative commentary regarding his experience on [The Bachelor](#) holds a life lesson we may all be able to benefit from, especially related to finding The One. With regard to facing a backlash from viewers, the [reality TV](#) star tells *E! News*, "It's all about the ending, and finding that person for yourself. That's the important part." The takeaway, then, is that, even though he had to endure hardship, he knew it was all part of the journey to finding his soulmate. This thought process can offer us an intelligent and healthy way to approach heartbreak.



# Dating Advice for Dealing with a Broken Heart

**Related Link:** [Checklist for Dating from Different Decades: Get Love Advice from 'The Bachelor'](#)

It seems as though Luyendyk will be seriously breaking some hearts this season, especially since he destroyed the “I love you” rule by saying that powerful phrase to *two* women. Still, the expert dating advice here is that you must take a risk to get the big reward in life.

In Luyendyk’s case, he risked facing all sorts of negative commentary by living the public lifestyle that is on reality TV. Going on *The Bachelor* was, for him, the ultimate matchmaking experience. He had twenty-nine handpicked women there, all pre-screened to match his criteria. It’s a big risk, but if we look at the results, there are a lot of successful love stories created through this process. Choosing the right woman certainly was a tough choice for him, though...

The women were less fortunate, as only one out of those twenty-nine would end up not feeling disappointed. A couple of them would be severely heartbroken. And one of them might feel badly embarrassed (spoiler alert!). When we face these devastating moments in our lives, how can we handle them? What can we do to keep our sanity?

The key is to look at heartbreak as a beginning and not an ending. The more we fight the flow of life, the more pain we will endure. Look for the opportunity in everything. If you were not someone’s choice, there is a better choice out there for you.

A couple of months ago, a woman approached me for help with news of a devastating break-up. Upon working together, she decided that it could be an opportunity for her to go out and

get everything she had been dreaming of in a relationship. She wasted no time in her decision to adopt the Manfunnel Method of dating: She quickly put herself back out there and reported back in exactly one month's time that she had met an incredible man. They are now planning their summer trip together with her family. She knew what she wanted and took the action to make it happen.

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If you're not looking to date right away, that's okay too. What can you do to take even better care of yourself? Perhaps you commit to your yoga mat, get into that infrared sauna, and spend extra time in the steam room. Fill your body with the highest-quality foods. Take time to sort through what might have gone wrong on your end. If you sit still, reflect, and grow from your experiences, you will eventually attract higher-quality people into your world because of your heightened level of awareness.

Your break-up is an opportunity. It happened for a reason. Soon, you will find out the reason. You may end up being delighted and thankful. So for now, just allow everything to unfold as it is meant to.

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## Checklist for Dating from

# Different Decades: Get Love Advice from 'The Bachelor' Star Arie Luyendyk, Jr.



By [Megan Weks](#)

There is a bit of a buzz going on about the age gap between some of the contestants and the leading man on season 22 of *The Bachelor*. Is it really a big deal? After all, significant age differences are often common in [celebrity relationships](#). A notable one is Mary-Kate Olsen and French businessman Olivier Sarkozy, who is seventeen years older than the fashion designer. Celebrity couple Hugh Jackman and Deborra-lee Furness also seem to be handling the test of time: She is thirteen years his senior, and they have been married for nearly two decades.

# Love Advice from *Bachelor* Star Arie Luyendyk Jr.

What should we look out for if we are dating someone from a different decade? Since Arie Luyendyk Jr. seems well-prepared to qualify the candidates on *The Bachelor*, we might be able to get some great [love advice](#) from his experiences. He has self-proclaimed “baby fever” and is therefore seeking a match who is ready to tie the knot and start a family.

**Related Link:** [Celebrity News: ‘Bachelor’ Star Arie Luyendyk Jr. Justifies First Impression Rose Pick](#)

A good relationship starts with good intentions – which means, if both people know what they want out of life and have similar values, there is a much better chance for success, regardless of a difference in age. Luyendyk knows what he wants, which will make it easier for him to see if the intentions of the women he meets match his own. When people do not have clarity on what they want out of life, they can easily veer away from one another on the path to self-discovery.

Regarding his decision-making process with regard to age, according to *The Hollywood Reporter*, Luyendyk said, “I only really addressed that if I felt it was an issue – if there was some immaturity or if I questioned whether they were really ready for marriage. It’s more about readiness and about being able to take that next step.”

Realize that, if you choose a mate from a different decade, there will be things you don’t have in common. My husband, who is ten years older than me, has different musical interests and grew up knowing different movies and shows. However, since I had an older sibling and am a person who likes all the arts, we find similarities among our tastes. This difference could become frustrating, however, for those who cannot connect

through the arts because inevitably, you'll be spending time listening to music and watching movies and shows together. Therefore, it's ideal to be able to find some common ground in media that you can enjoy together.

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Another thing to look out for: Either you or your partner will be aging at what seems like a faster rate. Your partner may be reaching the next stage of life – middle age or elderly – before you. This difference might start to be more noticeable for you if you're the younger half. You'll want to be sure you have enough of a soul connection that this situation won't matter to you.

Overall, if your goals, values, and soul connection are intact, then age truly is just a number.

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## Expert Relationship Advice: When to Sleep Over





By [Megan Weks](#)

When to sleep with someone is a personal decision; it must be considered for each specific situation. However, before you decide, influenced by him as the external factor, an internal overview is always the first consideration.

## **Consider the expert relationship advice below:**

Many great loves that have begun with an immediate naked, giddy romp have turned into serious relationships and lasting love stories. You may even know a couple who started off this way. Even so, I'm going to offer some [expert relationship advice](#) for you to think about before making the fateful decision to jump into the sack.

Being single can be tiresome. Our bodies ache and yearn for closeness. The discomfort of pulling yourself together after work to be date-ready, skipping workouts, and spending money on clothes and cabs, only to have to face an unknown person who decides whether you're a yes or a no, can be a process of

grueling anxiety.

**Related Link:** [Dating Advice: When Should I Sleep with a Guy?](#)

It's easier to slip into your comfy stretch pants and dive onto your warm, cozy couch for some yummy snuggles with the hot-blooded male specimen standing before you. You crave to feel a warm touch or a tickle on your back and perhaps gentle cheek kisses. Ahhh. The delicious comfort of a relationship! The urgency to advance quickly into this stage has many of us skipping the necessary qualifying steps that, ideally, come before committing to an exclusive relationship.

There are two ways to approach the intimacy process in a new relationship. The first is to dive right in, learn about the guy's intentions and goals, and hope that the relationship falls into place (keeping in mind that his words don't necessarily determine his intentions – only time and consistency will reveal his *true* intentions). If you take this approach, you'll be making relationship decisions after the physical bond has been formed. Even if this man is not right for you on multiple other planes, you'll have to determine that while feeling physically attached to him! Therefore, your body will be yearning for closeness with him, while you're still trying to figure out if he wants what you want, has similar values, and so on.

After having sex, it's proven that your brain makes cloudy (hormone-influenced) decisions about the person to whom you are attached. This is how we end up in time-consuming "mini-relationships," often followed by painful "mini-break-ups."

Do you have relationships that begin hot and heavy and then start to taper off and fade away? Do you have a hard time getting serious interest from men? Have you not had a serious relationship in longer than you would care to admit? If so, I want to stress this second approach to the intimacy process: Take your time to get to know a guy over two to three months

before the sleepover. The process where you learn about one another slowly, without exclusivity and without sex, is what I call The Exploratory Phase of the relationship. If you include this phase in your dating process, you will decrease your number of sexual partners and increase the likelihood that your relationship will stand the test of time.

Even naturals at love can still fall prey and find themselves mired in many time-consuming "mini-serious" relationships. You see, when you dive in head first, you put yourself in a position I call Lay and Pray. This is when the physical part of the relationship occurs before the actual relationship. A woman who gets caught up in Lay and Pray is telling herself that she can handle it and that she's going to remain cool while things fall into place. Sound familiar? However, in this place of uncertainty, she's feeling uneasy, seeking for answers or clues to help her define what's happening with the relationship.

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Even if what she is experiencing with him is not ideal, she's not exploring other options because she feels attached and is not interested in seeking out other possibilities. Women whom I define as naturals at love might still have a decent ROI (return on investment) with this method of dating because the naturals usually have a better feeling about the men who are coming into their lives. This means that, since they are making overall healthier choices when it comes to men, they will have a higher ROI in their dating process. Even though a woman may be able to jump into bed and have a chance of that turning into a solid relationship, she still needs to consider her goals, her health, and the time investment she is willing to put into having multiple "mini-serious" relationships.

Keep in mind that if he's the right man for you, you'll likely have the rest of your life to enjoy him, both in bed and on



the couch. Either way, happy humping!

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## Expert Relationship Advice: How I Used a Manfunnel to Meet My Dream Husband



By [Megan Weks](#)

Once upon a time, a lonely woman centered her heart and her

hopes on a certain man, whom she put on a pedestal. She wondered what he saw in her and why a man of his caliber would be interested in what she had to offer. Long after he let her go, she would obsess and compare other men to him, feel sorry for herself, and wonder why a relationship hadn't yet worked out for her when they had for so many other women. When would it be her turn?

## **Dating Expert Megan Weks Shares Relationship Advice to Help You Find The One**

This heartbreaking story was my ongoing pattern. I had gone through so many let-downs while dating in Manhattan for over a decade. Of course, I had some monumental takeaways. Oftentimes, though, I was already "in" the relationship wholeheartedly by the time I figured out it was not the real deal. This left me with painful and long recovery times when I had to grieve and slowly get back on my feet before being ready to face the dating world again. I finally realized that it was not intelligent of me to give my all to these men before I knew their motives. I learned that their true intentions showed up in the first three or four months of dating.

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The Manfunnel was born out of simple math and complex self-love. It was built from the same equation that helped me find love quickly and learn how to capture the hearts of much higher-quality men than I had been accustomed to. A Manfunnel is simply a group of men who are looking to pursue you for a relationship; it's a tool used in what I call "The Abundance Model of Dating." It means that you hold off from becoming exclusive until you find a man who truly meets your needs on every level and on your timeline.

To follow this [expert relationship advice](#), remember that a man is not going to date you exclusively if you aren't meeting his needs. Similarly, you should not allow yourself to be pigeon-holed into a relationship that does not serve your needs. You're going to have to be really honest with yourself about what you *truly* want. Additionally, you will have to drop all of the excuses as to why he is not meeting your needs. Ask yourself if you are truly happy. Keep a daily log of how you are feeling and reflect on the relationship. If your relationship is anxiety-ridden, ask yourself why you are accepting this situation.

After you've determined that your needs are not being met and that you are ready to have it all and quickly, you are ready to build your Manfunnel. What this means is that, even though you have found someone who excites you, you will continue to keep your options open until you know for sure he is The One. A good rule of thumb is to wait for three months before you delete your other options. During that time, you are learning about men and about what will truly make you happy in a relationship. I call this waiting time "The Exploratory Phase." This can feel as if you're taking things extremely slowly; however, it actually saves you years of time.

Having a Manfunnel helps you from becoming overinvested too soon. When we believe there is a lack of options, we may start to slip into a place of scarcity. It's cyclical: When we start to believe this idea, men read our energy and also begin to believe that you don't have options. Biologically, this sends a message to men that you are not a high-value mate or a great catch...even if you are!

**Related Link:** [Dating Advice: Should I Drop All The Other People I'm Interested In?](#)

# How Megan Weks Used Her Own Expert Relationship Advice

My Manfunnel helped me realize my value in the dating marketplace. I started gaining momentum, and the confidence to date the kind of men I've always dreamed of – and, even better, to have these men want to make a commitment with me! When the man who would be my husband showed up, I came across as poised and feminine. You see, I had allowed myself to be filled up by the energies flowing toward me in the dating process, and this energy projected my warm and positive outlook on love. And so, I was able to make a choice with a clear head and an open heart. I set my boundaries on taking things slowly, and he enjoyed every minute of it. When he proposed before our six-month dating anniversary, I knew I had found the right man.

If you are looking to streamline the dating process and avoid having an unnecessary, painful broken heart, it's time to learn how to Master Your Manfunnel. Doing this can open up a whole new world to you.

*For more information about dating expert Megan Weks, visit her website at [www.meganweks.com](http://www.meganweks.com). For more relationship advice articles from Megan, click [here](#).*

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## Relationship Advice: Keep Your Man By Becoming a Multi-

# Faceted Woman



By Megan weks

We can all risk becoming complacent at points in our lives. Therefore, my final tip to share on keeping the man you desire is to become and to remain a multi-faceted woman. This is a woman who is interesting, well-rounded, and has a life beyond the man or children. A big complaint I hear from men in my practice is that women lose their curiosity and sense of adventure about life and become creatures of habit who are addicted to comfort. I want you to know that you can't assume your man will remain attracted to you if you sink into this situation.

# One of my biggest pieces of relationship advice: You must work to keep things fiery and fun!

Do you have multiple interests and passions? If the answer is no, you risk losing your luster over time. In order for your man to remain interested in you for the long term, you need to remain interesting. He needs to know that there is always something he doesn't know about you yet. If there aren't hidden tidbits of information to uncover about you, you've still got a chance to create some mystery about you to keep him interested. Here are some tips to become, and remain, that multifaceted woman who will fascinate him for life:

**1. Learning.** There are so many incredible things to learn about in this life and not enough time t! If you don't have a passion, that's okay. Be on the lookout for anything you feel even a tiny bit curious about because it can snowball into a brand-new interest or hobby. Put yourself in the right situation to learn about it by reading a book or going to a class or event about it. If you find that you never stick with anything or become bored, you need to know that to become great at something, you must be able to work at it, even without passion.

**2. Don't lose yourself in your relationship or your children.** Schedule time for yourself to fuel your personal growth as an individual. This will strengthen your relationship with your partner and will inspire your children to become more well-rounded,. My friend Shelley just took her eight-week old baby to Italy last week. She strapped him in the Babybjorn and took a hike to a vineyard with her husband. She came to the city last night with her baby in tow for a grownup dinner, and told us all about her trip. She's living her life and remaining curious and adventurous! I'm telling this story to spark your

inspiration. Tammin Sursok from *Pretty Little Liars* says, “splice up your day in sections. Do a little adult, a little kid.” (source: bravotv.com)

**3. Be daring.** Jack Canfield said that your greatest triumph is on the other side of your greatest fears. What they mean by that is that life starts outside of your comfort zone. Become aware of the fears that keep you stuck, and consciously push yourself forward to the other side of your fears. When you do this, you’ll surprise yourself with your potential and ability for growth, . which will not go unnoticed by your admiring partner!

Take out your pen and paper and create a list of interesting things you will incorporate into your world in the next few months. Looking back, you’ll be surprised and proud of what you’ve accomplished by following through on your list. Your man will be thrilled to sit down with you at dinner to hear what’s new in your ever-changing, ever-expanding world.

[Megan Weks](#) is an international dating and relationship expert who specializes in helping women get the admiration they deserve from men, and to keep it. She is a certified specialist in her field, but one of her biggest credentials is her personal story. Living in New York City for over a decade, Megan has had the opportunity to meet and date many different men. Through working with a relationship guru, she literally changed from crumb-picking and obsessing over men who didn’t deserve her, to being called a “man whisperer” who men (including her now-husband) would never leave. Megan’s career is devoted to helping women who struggle with the men in their lives, to turn it all around and keep the men they desire. Aside from her coaching practice of saving hearts, She writes a monthly love column for *LVBX Magazine* and runs a private online woman’s discussion group where women are supported with these principles.

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# Relationship Advice: How Your Excitement Drives Your Expectations



By Megan Weks

Most recently, we talked about the number one thing you will need to [keep your man around](#). The [relationship advice](#) centered around the deep inner knowing that you are worthy. Usually, when that is sound, the other behaviors fall into place. However, there are some things that even the most confident women do to sabotage a man's feelings. The second biggest tip I can share for holding onto a man that you desire is to be



aware of how your excitement drives your expectations.

**It's important to understand how your excitement is interpreted by your man and manage your expectations in a healthy and attractive way.**

Here is an example. I see many women getting ahead of themselves in their budding relationships. They have leaped way beyond where the relationship actually is at the moment. They are putting the lamp, the book, and the purse on the table before it even has legs. It's important for the relationship to grow and become stabilized before expectations become too strong and create pressure.

**Related Link:** [Relationship Advice: Don't Let Him Be the One Who Got Away](#)

**Your expectations help you do these things:**

1. Lose the mystique and mystery that he loves about you. He really loves not knowing exactly how the relationship will unfold.
2. Decrease the fun for him. Your expectations feel like pressure to him, which simply kills the fun!
3. Make you seem needy. Your expectations can make your energy feel clingy and constricting, which is like taking a can of man repellent out of your purse and spraying it on him.
4. Take away the work that he needs to do to fall in love with you. Yes, he wants to work for his prize. Ignore this information at your own peril!

**Related Link:** [Dating Advice: 4 Reasons Younger Women In The City Struggle To Forge Meaningful Relationships](#)

**Some tips to help you manage your expectations:**

1. Keep your life intact, the way it was before he came along. Don't assume that each weekend will be reserved for the relationship. When you develop ideas about the way things should be, you'll set yourself up for disappointment. Disappointments from expectations can be damaging to early relationships. If he senses that he is unable to please you because of a series of disappointments, it can be the beginning of the end. If he feels like he's unable to please you, he'll eventually stop trying . He'll find someone who gives more importance to what he does well instead of focusing on his shortcomings.

2. Don't jump to conclusions. When we feel disappointed, we can start to think the worst kinds of thoughts. Give him the time and space to surprise you. If you doubt him and make it known that you have doubts, he will be less inspired to please you!

3. Get your needs met by yourself or others so you require less of his attempts. Don't expect him to fulfill them right from the beginning. It feels much more light and airy to him when your needs are met by you, and his affections are just the icing on the cake!

Don't confuse this with not needing him at all or being too independent, which can backfire. What's cake without icing, anyhow?

Obviously, excitement is part of the dating and relationship process. Otherwise, what would be the point? The tip is, however, to keep your excitement in check so it doesn't explode into a too-early-expectations time bomb. If you want to keep the man you desire, you'll want to curb your excitement a little until you know for sure it's the real

deal.

**Slow and steady wins the race of love.**

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## **Relationship Advice: Don't Let Him Be the One Who Got Away**





By Megan Weks

You've been navigating the sea of men on the dating apps for months. You've been on at least 10 bad dates, and a few okay ones. You've been ghosted by the ones you actually liked. So now that you've finally met a good guy and it's snowballing into something REAL, you're overflowing with joy, relief, and maybe a little bit of nerves. You don't want him to fade away like others have in the past. So, you worry, "How can I keep him around?"

**With these tools in your box, you'll be able to land your man and keep him for life. Here's some [relationship advice](#):**

The number one tip to keep in mind is that you must work on your personal sense of worthiness. This might seem obvious, but it's the primary thing women need to work on to maintain successful relationships. All of our behaviors that are

perceived as turn-offs to men come down to our internalized level of worthiness.

**Related Link:** [Five Ways To Get His Undivided Attention](#)

You developed your sense of worthiness when you were a kid. We all naturally input selective information, which can either work for us or against us. It works whichever way we choose (or subconsciously choose), based on a belief from the past. For example, if you had brothers who told you that you were not lovable or unattractive when you were a little girl, you may have continued to believe the lies that you internalized then. Even after you grow into an undeniable foxette, a deep belief may linger that your beauty is only a mirage. No one is exempt from this. Even the gorgeous Jennifer Lopez feels unworthy of true love. According to *E! News*, she said, "It's how you feel as a child, being a middle child and seeming invisible sometimes, and trying to get attention. This is still a work in progress for me."

There are six ways you're showing him you're unworthy. Why not keep him instead?

- 1. Being over-accommodating to your man.** Making the relationship easier or more convenient for him. Going out of your way for him frequently. Being overly complimentary.
- 2. Feeling guilty, or having a sense of owing him when he does nice things for you.** Being unable to receive his offerings without reciprocating.
- 3. Over-giving and care-taking him.** Finding men that need fixing and trying to solve their problems. Becoming his therapist, giving business, career, psychological advice, etc.
- 4. Being jealous, doubting his feelings or intentions, and seeking constant reassurance.** Becoming overly concerned with his previous relationships, even though they're over.
- 5. Feeling unworthy of his admiration, and wondering why he likes you.** Feeling like you're not enough. Comparing yourself to his exes. Making up excuses for why he could not like a

person like you.

**6. Rushing into a relationship before it's determined to be an ideal fit for your life.** Also, staying in the relationship when your needs aren't being met.

If you are signaling these behaviors frequently, he'll catch wind that you're doubting your worthiness inside the relationship. Even if he knows that you're a catch, his mind will have a hard time fighting off the messages you're sending, and he'll eventually conclude that you're not worthy of his love! If you want to keep this great man you've found, you'll need to break through to your deep inner belief system to make sure you truly believe that you're worthy of his love.

**Related Link:** [Relationship Advice: 4 Ways to Keep Your Long-Term Relationship Hot this Summer](#)

Listen to the voices inside that tell you hopeful things about yourself. Those are your truths. Ignore the negative things. To make lasting change on your inner beliefs, you need to tell yourself you're worthy, all the time. Make it your new mantra. Eventually, you're going to believe it deep down inside. We are all here to love and be loved. He sees all of those hopeful things that you believe about yourself. Don't lose sight of that important fact.

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