

You've got relationship questions?

I've got answers! Here, I tackle the most commonly asked questions by women across the country that *frustrate, aggravate* and *downright confuse* them the most!

I understand that just as every woman is truly unique so is every relationship issue. If your question isn't totally answered here please join me in one of my programs that best meets your needs and I'll answer your specific relationship questions directly!

– Dr. Ish



My Most Frequently Asked Dating & Relationship Questions

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Why do men lie to women so much?

In a word, certainty! Men are highly goal oriented and even though it may be well hidden, they often have a deep fear of rejection. The reason why most men tell me they lie to women is to make sure or as sure as possible that she says 'Yes' to whatever it is they may be suggesting or asking at the time. Your name? Your number? To go out on a date? To come back home with them after the date? Remember, while women are more process oriented, guys are more results driven. It's all about controlling the end result or outcome ladies and in this case that 'outcome' is you.

2

Why do men look for a wife or girlfriend if they're going to cheat on her?

This is a question that made guys downright angry when I asked them about it. They all said that it's not their intention to get a girlfriend or wife and then cheat on her. However, they do admit to a few reasons why:

- Becoming bored with the relationship routine
- Becoming emotionally disconnected from their lady for some reason (unresolved conflict or argument was the most common)
- Feeling like they were no longer desired (Yes, men need to know they're wanted too!)
- And some just flat out admitted to wanting a little 'variety' in their life

Now, depending on the reason he gave, that lets us know what direction we need to move towards to avoid the problem from happening to you!

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How can you tell when men are lying?

“One may sometimes tell a lie, but the grimace that accompanies it tells the truth.” – Nietzsche

That is to say, you have to look, not listen for the lie. Seventy-five to eighty percent of how we communicate is through body language. So, that’s the best way to tell if he’s lying to you. Just like in poker, all liars have a ‘tell’, some little thing they do that lets you know they’re not entirely comfortable with what they’re saying or doing. Watch his eyes (longer blinking or more rapid blinking), eyebrows (raised) his feet, his hands, his breathing, his facial expression just to name a few. Any irregularity there means this person is uncomfortable with what they’re saying and may be your first clue he’s not being straight with you.

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Is there a way to keep a man from cheating?

This is THE million-dollar question! The answer is yes...and no. Let me explain:

When asked why they cheat most men say:

- “I was bored”
- “I needed some variety”
- “I wanted more sex”
- “My wife/girlfriend didn’t look at me the same anymore”
- “I didn’t feel like she wanted me anymore”
- “She’s always too busy”
- “She’s always too tired”
- “She’s never in the mood”

There are lots of reasons or excuses men make for why they cheated and some or all of those above may relate to you. The underlying truth is they were all trying to meet a need...and that need was for a ‘connection.’ Men need to feel loved too. Men need to feel wanted too. Men need to feel like you desire them too. But unlike women, in order for you to connect with a man’s mind ladies, you’re first going to have to connect with his body. Men respond to physical contact. Not necessarily sex but some physical form of affection: hold his hand, grab his arm, give him a hug, a kiss, something that lets him know you appreciate his presence and physicality. You have to physically connect with a man to let him know that you want to emotionally connect with him. When he gets that attention from you, it also clues him in that he needs to pay more attention to you as well. So, the cheating is just a symptom of the underlying problem he’s trying to solve and not necessarily a sign that he no longer desires you or isn’t into you sexually any more. So, if you can solve the ‘connection’ problem, you can usually solve the cheating problem.

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I have caught my man several times watching pornography. He tells me it's really no big deal. Those women look and do things that I have never done. I feel really rejected. What should I do?

Watch it with him! I'm joking...but not really. When women ask this question I can hear and feel the fear inside. The fear is that he's looking to some other source to meet his sexual needs. The fear is that he doesn't want you anymore. This fear is made worse if:

- The women he's watching look nothing like you
- The acts he's watching are nothing he's ever asked or tried with you
- The frequency he's watching is way more often than the two of you have been active

So, the basic thought for women becomes, 'Does this mean he doesn't want me anymore?' The answer is "No" but it does mean that you and your man need to have an honest open talk about what is and is not going to satisfy both of you sexually. You may be shocked and amazed at what you hear but, in the end, it usually brings couples closer together if for no other reason than them having a better understanding of each other. Remember, relationships are a place to go to give...and then receive. But in order to give your partner what they want to be satisfied, you've first got to ask the question. So, don't fear the porn...take it as a signal for you to get more clued in to what it is he's wanting or needing at that time and go from there.

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Do you believe that guys and girls can be 'just friends?'

That's a tricky question. The answer is yes...and no. Usually there is initially some sort of gentle nudge, some affinity or fondness or flat out attraction that bring men and women together. Each individual's situation is what usually determines where that attraction goes. Having that said, it is possible to have strictly platonic relationships between men and women as long as the rules or boundaries of the relationship are set early and firmly. You have to have that talk about being just friends and nothing more and why. However, there is usually someone in that equation that totally wouldn't mind and be more than happy to cross those friendship lines should the opportunity ever present itself.

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Why (and what does it mean) when men say they 'need space?'

This is one of women's biggest pet peeves when it comes to relationships. Let's start with the 'what' it means. It means that for whatever reason he's not totally emotionally available or connected to you right now. It's critical for women to understand that when men ask for space it usually has absolutely nothing to do with you. I repeat, 9 times out of 10 it doesn't have anything to do with you. When guys ask for space, it means he's having an emotional or stressful issue he's trying to deal with. It could be work, family, health, finances or anything in between and that issue has taken priority in his life and in order for him to feel ok with himself, he must figure that out first before he can devote his full attention back to you. Now, that's the majority of the time. In the other small percentage of the time ladies it is about you...or should I say 'not' about you... as in - he's not 'about you anymore' and when he says 'space' he means distance...emotional and physical. It's a nice guy's way of saying we need to part ways and asking for 'space' is sometimes the easiest most non- confrontational way to do it. But be warned, just like when Aidan asked Carrie for space on that 'Sex and the City' episode...the minute she gave it to him...he didn't want it anymore and went running back to her. This usually happens in that 'Commit or Not to Commit' phase I talk about in my book 'Little White Whys.'

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Why do guys continue to lie or never admit to cheating once they've been caught red-handed?

This is a tough question but I have a ridiculously simple answer. In a guy's mind if he never admits to it, if there's not absolute 100% audio, visual and CSI DNA evidence that he was where you said he was, doing what you said he did, it's possible...just possible...that it never 'really' happened as you thought it did.

Eddie Murphy called it 'The Jedi Mind Trick'. Most guys call it 'Plausible deniability.' Any number of excuses or evasive tactics will do:

- "It wasn't me"
- "I was at home that night"
- "I was out of town that night"
- "I was sleeping that night"
- "I was working late that night"
- "I was out with friends that night"
- "She's not even that attractive" (the 'half denial')
- "What were you doing there" (also called 'The ol' switcheroo'!)
- "I can't be in a relationship with somebody who's always accusing me of stuff!" (The thinly veiled 'break-up' threat)

Again ladies, as long as he can somehow plant some tiny seed of doubt in your mind, it's possible...just possible that you may be wrong...you heard wrong, you saw wrong, you simply misinterpreted the situation...and need to give him 'Another chance.' Wicked!

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I've been in a relationship for 3 yrs now and I never feel respected. There are no 'fences' when it comes to our relationship...on his end. It seems like everyone he knows has access to our relationship; even his clients, and most of them are female. I believe he has and still does cheat on me. My problem...I love him. Help!

That can be a tough position to find yourself in and unfortunately, it's a story I hear from numerous women in my coaching program. The hard truth here is that in a relationship, love is not enough. Love without trust doesn't work. Love without mutual respect doesn't work. Love without friendship doesn't work. Love without fulfillment doesn't work. From what it sounds like; this gentleman is not interested in meeting the needs you have for trust and respect. One of the most frustrating things about being in a relationship is that we can't control the other person. If you've sat down and had an honest conversation with him about how important this issue is to you - and he still hasn't tried to meet those needs - then my question for you is 'Why are you there?' What is it about you that would make you accept this type of treatment and this level of relationship that seems to be more frustrating than fun for you? People treat you how you let them. If you've truly given him the trust and respect from your end but haven't received that in return, it may be time for you to set a firm 'fence' and be willing to follow through with the consequence of not allowing him to have you in his life if he refuses to compromise and meet your needs. I see lots of women hang on in relationships that are lacking or are downright abusive because at least they're getting 'some attention,' some type of connection. It may not be exactly how they want it but their excuse is 'some attention or half a man is better than none at all.' I'm not so sure that's true.

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I'm having problems meeting a good man; a good single man. I always meet liars, cheaters or married men. I am tired of being hurt. I want a relationship! I am tired of being alone. It is so hard to find a good man. I just need some assistance and guidance.

I can literally feel the frustration and pain in this question. First of all, let me congratulate you on at least knowing what it is you don't want. That's a big piece to the puzzle. The next step is to completely identify what exactly it is you do want. Being single, not married and not a liar are not exactly strict criteria when it comes to choosing a man. Get specific about those things that are 'must haves' for you and make a list. Once you get clear about what are the exact qualities you want in man, something magical happens! You're that much closer to actually finding it. From there we can get to work on teaching you the mechanics and techniques of actually how to meet and how to get to and through that oh so important first date!

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Dr. Ish, I'm newly single after ten years of marriage. The split was mutual but a hard adjustment nonetheless. After being safe and secure in a relationship for 10 years I woke up one weekend and found myself single again! The dating game sure has changed and from the looks of things, it's scarier than ever! I think I'm ready to get back out there and meet someone but have no clue where to begin.

For this question there's good news and then there's good news! The good news is that you're single and now have the chance to find the love you really deserve. That love that's going to meet all of your needs and grow with you over time. The even better news is that you're about to go on a journey of total rediscovery and reinvention! My guess is that you, like a lot of married and now divorced women out there, gave everything they had to that marriage and over time lost a sense of who you really were. Women feel like they lose their identity to the marriage and if and when that marriage ends...they just feel lost. That's where I come in. I'm here to help you find yourself and reconnect with that person - someone I like to call your 'Essential Self' or the 'True You'.

The first thing I want you to do right now is think back and jot down those things that were on your 'To do' or 'Goals' list before you were married, before you were engaged, before you were even in a committed relationship. What did you imagine your life was going to be like back then? Before the sacrifices. Before the time spent. Before the hurts and disappointments. This is the first critical step in reconnecting to the 'True you.' I promise you she's in there! We may have to sift through some of the rubble of the last 10 plus years to find her but something tells me she's worth the search. So, do it right now. Take the first step and write those things down and from there we can get started on your reinvention!

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Where do I go to find a good man?

I get this question a lot. My answer is the same. For most of you, you're already there. You meet him right where you are in your natural everyday environment. In your grocery store, in your mall or shops, in your dry cleaners, in your favorite restaurants, on your way to work, in your gym, basically everywhere you're already going. The difference is now I need you to pay attention and not get distracted by the monotony of your daily routine. If you meet him in some of the same places you already frequent chances are high that he'll be into some of the same things as you are. Now, for some of you of you ladies out there that's not going to be enough is it? So, for you, we have to go that extra mile. Think of the guy whom you're trying to attract and meet. That exact guy. What does he drive? Where does he buy his clothes? Where does he eat? What does he do to relax? Where does he work? Where does he do lunch? I need you to think about these things specifically because eventually you're going to have to go there! If this is the guy you're trying to attract then you're going to have to insert yourself into his world! How else will he know you even exist? For some of you this is going to stretch you. You're going to have to break out of your shell; get outside your box and try some new things. Go to a Boat Show. Go to an Art Museum. Go to a bookstore. Take a cooking class (yes, guys like to cook too!) Take a 'How-To' class at your local Home Depot. Take a dance class. Walk right into an upscale men's clothing store and walk up to a guy who catches your eye and ask "Maybe you can help me with something? I'm trying to decide on which tie I should buy my brother for his birthday?"

Warning: This works a lot better if you actually HAVE a brother! (But as far as conversation starters go, it's pretty good.) The possibilities are endless ladies! Once you figure out the 'where' to go, I'll help you with the 'what' exactly you need to do next!

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I just met the perfect man for me! He's everything I ever wanted! Tall, handsome, funny, attentive, kind and an all-around people person. People just seem to be drawn to him...and so was I! I'm 40 years old and it's been a long time since I felt this way about someone. It almost sounds silly to say but I think I'm head over heels for this man! There's only one small problem. He's married...and so am I. Help! What should we do?

In a word, nothing! In a few more words...nothing right now. I totally get where you both are right now and I'll share with you that you are not alone. Research shows that many people in this country find their perfect match AFTER they're already married. But here's the simple truth; you may be perfect for him and he may be perfect for you...but if the timing isn't right then it's not quite so perfect. Trying to grab hold to a thing before it's time or trying to hold on to a thing long after its time has passed can often times ruin the very thing you're wanting. The same can be said for relationships. It's not only about the emotions, the caring, the connection, the chemistry...it's also about the timing! And right now the timing for both of you is all wrong.

My advice: if he's unhappy in his marriage let him work his way through or out of it...alone. If you're unhappy in your marriage work your way through or out of it...alone. As in without being romantic with each other. As in the two of you not dating/relating/sexing while you're still otherwise involved. If you end up crossing that line before it's time, it can ruin what you feel you've found down the road. Wait. Work through the commitments you currently have. If you're both free and you're both still feeling as strongly about each other then as you are now...then the timing will be right...then you can move forward with no regrets, no guilt and no shame in how you've acted. You don't want to have those types of emotions and feelings packed inside your relationship baggage when you're planning on carrying those bags for the long haul of a lifetime together!

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What lies do men tell the most?

There are so many! Where do I begin? The lies men tell depend on the stage of relationship you're in. Just meeting? Getting to know you? Thinking about committing? Married and beyond? Remember, guys are results driven. The goal of the lie is to control the outcome. That is to say whatever he has to do to get you to do exactly what it is he wants you to do. Guys design their lies to stack the deck in their favor; to get into or out of whatever situation they may find themselves in with you. Having that said, the top 3 lies men tell are:

- "I'll call you."
- "I love you"
- "This is a first for me too..."

The common theme of all three is that they want you to believe that they are emotionally available to you and to make you feel special. So, the lies don't come from an entirely bad place...just not the most truthful place. In *Little White Lies*, we go through lies men tell at each stage of a relationship and what they mean. It's a nice little guidebook to keep handy when you have a question like this one.

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I just broke up with my boyfriend of 2 years. Things started off really great but then just kind of fell off later on. We still had fun together, nobody cheated and we're still friends. The spark just fizzled. One of the worst parts of a break-up is right before it happens when you just feel like something's not quite right but it's so hard to tell. Is there any way for a woman to tell if a guy's thinking about breaking up with her?

The time right after can be the toughest. But sometimes, like you mentioned, the time right before can be just as uncomfortable. The good news is that yes, there are some definite signs or ways to tell when a guy may be thinking or planning on breaking up with you. The tricky part is that it's usually very specific to each particular guy or relationship. Here are some signs to watch for in the event he's planning a break up: (And yes, guys plan their break-ups very carefully!) Here are the top 5 signs you may be headed for a BREAK!

B

Breakdown in communication or contact: He may become distant emotionally or physically or just not around as much. You may also notice less contact over the phone or text message

R

Reduced amount of time making or talking about future plans with you.

E

Emotions increase: You may notice he gets more upset or irritable more often and you may notice you're the target of a lot of that irritability. You may notice that he becomes overly critical of things like your hair, clothes, style, walk, talk, the way you drive, the way you chew gum, the way you sleep... everything! It's his way of justifying leaving.

A

Any sudden changes. You may notice he's dressing differently, using different words you haven't heard him use before or changes his appearance drastically (hair style, hair dye, new tattoos, or a new workout routine.)

K

Keen insight telling you he may be cheating. I tell women to trust their gut instincts here. When you suspect your man may be cheating there's usually a pretty good reason. Don't let your heart hide what your eyes can clearly see. Keep your eyes open! Now, there are many, more specific things your guy may be doing that you can't figure out and for the answer to those details specific to him you can always visit my website and ask me directly!

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Dr. Ish, I got dumped! After 5 years in what I thought was a good relationship, my man woke up one morning and said he 'couldn't do it anymore.' He said I let myself go and didn't care about being sexy anymore because I never wore makeup and liked to wear sweats all the time. WTF?!? It's hard to be sexy when you're tired, working and taking care of a child. I'm hurt, rejected and confused. I did everything I knew how to try and take care of him and he was more concerned with my looks. Are all men this superficial?

In a word, Yes! Never forget, men are visual. Men process their world by what they see around them. The things he saw from you when you met are the things he will need to continue to see if you expect those feelings to stay the same. It's just how men are wired. Men understand that physically we all change with time. But, double standard or not, every man still expects his woman to keep her same style of dress and make-up over time. Men have a tendency to complain they were 'tricked' if this isn't done. It's one of my four 'F's when I talk about four things that begin with the letter 'F' that every man wants in a woman. One of those 'F's is flirting. Men are totally visual! What a woman did to get his attention she will need to continue to do to keep his full attention. It's never a coincidence when a man cheats with a woman who 'looks like' (or dresses like or acts like) the woman his lady used to be. Here's the thing: Men fall in love with the women they are attracted to. Women are attracted to the men they fall in love with. It doesn't make men 'superficial' because they value those other things about your personality as well but, women have to remember guys are very visually oriented. So, think of it not so much as being superficial...but more so super-visual.

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I'm dating a married man but he won't leave his wife for me. He said he was divorcing her but things seem to be going in slow motion as far as that's concerned. He keeps saying he is divorcing her within the next 6 months, but it's now been a year and a half since we've been dating and she's still there! How do I bring it up without seeming like I'm nagging him about it?

To put it bluntly, you're stuck. But you can get unstuck if you're willing. The truth is that this is one of the oldest lies in the book that married men tell. They just need you to know that they are 'emotionally available' to you to keep you hanging on. Now the truth is, some women out there prefer 'dating' married men because they don't like to be bothered with some of the typical dating stuff...calls, texts, dates, quality time, etc...and that works for them...I guess. But if you're not one of those women, then it sounds like you want this man all to yourself. There's only one problem. He's not leaving his wife. Let me repeat that. He, like most married men who cheat, is not going to leave his wife for you. He'll tell you he's unhappy. He'll tell you they've grown apart. He'll tell you they're living separate lives. He'll tell you anything to make it easier in your mind for you to excuse the fact that you're seeing a married man. It's all about making you feel more comfortable with the situation. Do you? I didn't think so. So, the real question isn't why or when is he going to leave his wife for you. The real question is why do you feel you don't deserve to have the love you want and need for you and only you right now? What is it about your personality that makes settling for a married guy acceptable to you? I can help you figure out the answer but first I need you to ask yourself that honest question.

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My situation may be a little different from other women out there. I'm a very attractive woman and I've never had a problem getting men's attention or catching a good man. My problem is keeping them. Things always start out great then wears off after 6 months or a year. I just met a new guy who I'm crazy about and my best friend told me I should make him wait for sex to see if he really likes me. But if I make him wait that means I'll have to wait too! How long do I wait before I sleep with him?

First of all, men love, love, love a woman who's confident and not ashamed to admit she actually likes sex too! Definitely don't shy away from that part of who you are. There are tons of different relationship 'experts' who'll tell you lots of different reasons why you should wait to have sex and for how long. One month? Three months? One year? While some of that isn't bad advice, I'm not so sure it's actually good advice either. Here's what I've found. An unusually high number of couples who've been happily married for 20+ years started out having sex on the first date or as outright 'booty call'. Yes, really! They say that in not making sex an issue they were able to be themselves more easily and quickly in the relationship and didn't feel like they had to hide anything or pretend to be someone who they weren't because they weren't trying to play Mr. Nice Guy or Ms. Nice Girl to get into each other's pants...the pants were already off!

Reverse logic but it definitely works often times. The other thing is even though we try and pretend to be sometimes, guys aren't stupid. We can definitely tell when a woman is interested but seems to be holding herself back for whatever reason. When guys sense this, they start to feel like you're manipulating them and that goes nowhere! Relationships are one of the most natural things on this planet. There's a natural flow to how it should go. Say 'Hi' when it feels right. Call when it feels right. Go out on a date when it feels right. Say 'I want you!' when it feels right. Say 'I love you!' when it feels right. Say 'I want you again!' when it feels right! A relationship is a naturally passionate and emotional thing. It never works right when people try to suck all the passion right out of it. My advice is to embrace who you are! Never apologize for what you want or what you like. The right guy for you will get that about you and love you all the more for it and WILL NOT JUDGE YOU! I repeat...he won't judge you. He'll just want to be with you...hopefully for a very long time. So be safe. Be you. And forget about what anybody else may think. It's your world and your life. Live it!

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I met the perfect man! Well, almost, he's not usually what I'm attracted to physically but I love just about everything else about him! I've been single for a long time and never thought I'd find anybody this close to exactly what I wanted. With a little bit of work I think I can change him into exactly what I want. What do you think?

I get this question from women a lot, 'Can I change him?' The answer is always the same. 'No'. The only person we can change is ourselves. I think the question isn't so much about change - it's one of control. The problem that lots of people struggle with in relationships is that ultimately you cannot control another person. We all have the right to make choices in our lives and they are just that, our choices. And guess what, men aren't stupid. They know and understand that most women are going to try and 'work with them' and add a little polish and shine and make them into a brilliant gem of a man. Most men are more than happy to let women attempt to try as long as he gets to reap the benefits of having her in his life (physical, emotional or financial). Here's what women have to understand. Most men are perfectly happy with who they are! If they aren't, they will take the steps to make a change ON THEIR OWN. They don't need someone else to tell them they should. Here's the thing, if you're going to love somebody you have to be ready to love that whole person! Lumps and bumps and all. Love by nature is unconditional. When you put artificial conditions on your giving and receiving love, it's only a matter of time before those conditions aren't met and you end up no longer in a place of love. So, my advice is if those little things about him aren't deal breakers, move forward. If they are, find someone who's more in line with what you feel like you need in a man. It's not fair to him for you to try to shove his square edges into some round whole you created. Love is like a shoe, either it fits or it doesn't. You can wear it for a while and even though it may look good on the outside, it's killing your tootsies on the inside and it's only a matter of time before you're just not going to want to wear it anymore.

Dr. Ish Major

is an expert at helping couples from all walks of life work through their problems. Whether he's counseling couples in his private practice or tackling relationship issues on national television shows like *Ex Isle* and *Marriage Bootcamp: Reality Stars*, Dr. Ish is a seasoned pro at getting couples to fight for their relationships using his time-tested methods. He's made it his mission to identify the romantic issues that all people face and get them to confront those problems head-on. He understands how you're feeling. He's seen it thousands of times. Know that you are NOT alone, and you are NOT beyond help.

