

# **How To Make Him Commit To You**

(Without Begging, Chasing, or Playing Games)

# INTRODUCTION

I assume you bought this guide because you're probably tired of being confused.

Confused about where you stand. Confused about what he wants. Confused about whether you should stay or go, whether you're overreacting or your gut is telling you something real.

And I'm guessing you're tired of the generic advice too. "Just communicate!" "Know your worth!" "If he wanted to, he would!"

Those sound great on social media, but they don't help when you're sitting there at 11 PM staring at your phone, wondering why he left you on read.

Here's what this guide actually is: practical, honest advice for navigating Nigerian and African dating specifically.

Not Western dating, where people make things official after three dates.

Not some fantasy where men always say what they mean and relationships are easy.

I'm talking about real Nigerian dating, where things happen on WhatsApp and Instagram, where families and finances and timelines all complicate things, where men are raised not to talk about their feelings and women are expected to just figure it out.

# What You'll Learn

This guide is divided into **5 practical modules** that will take you from confusion to clarity:

## **Module 1: Why He's Pulling Away**

Understand the real reasons men go distant (hint: it's usually not about you), decode the 3 stages of him losing interest, and learn what his online behavior actually means.

## **Module 2: The Psychology of Male Attraction**

Discover what makes a man emotionally invest, the difference between attention and commitment, why being "nice" isn't enough, and how emotional availability really works in Nigerian dating culture.

## **Module 3: Communication Strategies That Work**

Master the golden rules of texting, voice note etiquette, how to respond when he goes cold, and what to say (versus what NOT to say) in every situation.

## **Module 4: Creating the Right Dynamic**

Learn how to stop chasing without losing him, make him feel he might lose you (without games), avoid being taken for granted, and find the perfect balance between interest and independence.

## **Module 5: Real Scenarios & Quick Solutions**

Get exact scripts and action steps for 7 common situations: when he disappears, ignores your messages, keeps you as an option, asks for space, sees someone else, and more.

### **Throughout this guide, you'll find:**

- Text message templates you can use immediately
- Real-life examples from Nigerian dating culture
- Red flag checklists
- Quick reference guides for specific situations

My advice? Read through this guide once to get the full picture, then come back to specific sections when you're dealing with a particular situation. This is your practical handbook, not theory, but real solutions for real situations.

This isn't about changing who you are. It's about understanding the game so you can make informed decisions instead of anxious ones.

**How to use this guide:**

Keep the text templates handy. Reference the red flags checklist when you're unsure. Take the assessment quiz when you need clarity.

And most importantly: trust yourself.

This guide will give you tools and insights, but you already know deep down what you need to do. Sometimes you just need permission to do it.

Let's get started.

# MODULE 1: Why He's Pulling Away

Look, I'm going to be straight with you: if you're reading this, you're probably already in your head about some guy. Maybe he was all in last week - texting paragraphs, making plans, calling you pet names - and now it's like you're the one bothering him.

And here's the thing that makes it worse: he hasn't actually *said* anything's wrong. No breakup conversation. No "we need to talk." Just this weird, confusing distance that leaves you analyzing every one of his actions and wondering if you did something wrong.

So let me save you some time and anxiety: **you probably didn't do anything wrong.**

I know that's hard to believe when you're the one left on read while he's posting on his story. But men pull away for a whole bunch of reasons that have absolutely nothing to do with whether you're good enough.

And once you understand what's actually happening in his head - instead of what your anxiety is telling you - you can stop blaming yourself and start making decisions from a place of clarity.

## 1. What Men Don't Say (But Wish You Knew)

Here's what they don't tell you about Nigerian men specifically: they're terrible at verbalizing what's happening emotionally.

And I don't mean that as an insult; it's just how most of them were raised. "Man up." "Handle it." "Don't be soft." So when something shifts internally, they process it alone. In silence. Without giving you a heads up.

Which means when he goes quiet, you're left guessing. And your brain, being the helpful thing it is, usually guesses the worst.

But here's what's more likely actually happening:

**"I need to figure out if I'm ready for this."**

The second he realizes you're not just a casual thing, that you could actually *mean* something, his brain shifts into evaluation mode. And it's not a romantic evaluation like

"do I love her?" It's a practical evaluation: *Can I afford this? Is my life stable enough? Am I ready to deal with her family asking when I'm paying bride price?*

Because in Nigerian culture, dating someone seriously comes with *expectations*.

Financial ones. Social ones. His boys are watching. Your family's watching. Church aunties are watching. And that pressure is real.

So he pulls back, not because he doesn't like you, but because he's doing math in his head. Calculating if he can be the man he thinks you (and everyone else) expect him to be.

The frustrating part? He won't tell you this is what he's doing. He'll just go quiet and hope he figures it out before you notice.

**"The more I like you, the more I'm scared you'll hurt me"**

This one trips people up because it seems backwards. Why would liking you make him *pull away?*

Because feelings equal vulnerability. And vulnerability feels dangerous, especially if his last relationship ended badly.

Maybe she embarrassed him publicly. Maybe she left him for someone with more money. Maybe she made him feel small.

Those wounds don't just disappear because he met you.

So when he starts catching real feelings, his survival instinct kicks in: *Get out before she can do what the last one did.*

It's not logical. It's not fair to you. But it's human.

**"I don't know if I'm enough for you"**

If you're educated, have your life together, come from a certain type of family, or just carry yourself with confidence, some men feel intimidated.

Not in an obvious way. They won't say "you're out of my league." But internally, they're comparing themselves to what they *imagine* you could have.

This is especially true in places like Lagos, where there's this constant, unspoken competition among men. If you're the type of woman other men would want, he might be thinking, *How long before she realizes she could do better?*

Again, this isn't about you being "too much." It's about him feeling like he's not enough. And instead of communicating that, he just... fades.

### **"I'm going through something and I don't want you to see me like this"**

Money problems. Family drama. Work stress. Health issues he's embarrassed about.

Men are conditioned to believe they need to have everything handled before they can "burden" a woman with their problems.

So instead of letting you in and saying, "Hey, I'm struggling with X," he disappears until he feels like he's back in control.

The irony? Most women would actually be *supportive* if he just communicated. But he thinks showing that side of himself will make you lose respect. So he ghosts.

And you're left thinking he lost interest, when really, he's just trying to protect his ego.

### **"I like you... but I'm not sure you're *the one*"**

Okay, this is the one nobody wants to hear, but it happens: sometimes he genuinely enjoys you, and I mean your company, the conversations, the physical connection, but for some reason, he's not convinced you're his forever person.

So he keeps you around while he... waits.

For what?

Maybe for his feelings to grow. Maybe for someone else who makes him feel more certain. Maybe for some magical clarity that'll probably never come.

He's not necessarily *using* you maliciously. But he's also not choosing you. He's in relationship limbo, and he's comfortable there because he gets what he wants without having to fully commit.

**Here's the thing to understand:** when a man pulls away, he's usually having an internal conversation you're not invited to. He's working through doubts, fears, logistics, or emotions that he doesn't have the language (or willingness) to share with you.

And that silence? It leaves you filling in the blanks with your own insecurities. *He met someone else. I'm not pretty enough. I said something wrong. I'm too much.*

But most of the time, it's not about you at all. It's about him, his past, his fears, his circumstances.

The problem is figuring out *which* kind of pulling away this is. Because some kinds are temporary and fixable. Others are permanent, and no amount of effort will change that.

## 2. The 3 Stages of Him Losing Interest

Not all distance is created equal. There's "I need a minute to think" distance, and there's "I'm already gone but too cowardly to say it" distance.

Here's how to know which stage you're in:

### STAGE 1: The Subtle Shift

You know that feeling when the temperature in a room drops just slightly, and you're not sure if you're imagining it? That's Stage 1.

Nothing dramatic has happened. He's still texting. Still making plans. Still calling you by the nickname he gave you. But something feels... off.

#### What it looks like:

- His messages get shorter. Where he used to send voice notes breaking down his whole day, now it's just "Busy sha" with a skull emoji
- The "good morning, beautiful, I was thinking about you" texts become just "morning."
- He's still showing up when you make plans, but he's not *initiating* like before
- The little things disappear. He used to send you funny TikToks throughout the day. Now, nothing
- You check his WhatsApp, and he's online, but your message from three hours ago is still on one checkmark

**What's happening:** At this stage, he hasn't decided anything concrete. But something triggered a question in his mind. Maybe you said something about the future that spooked him. Maybe one of his friends made a comment. Maybe he just woke up one day and thought, *Wait, is this what I actually want?*

He's not pulling away from *you* specifically. He's pulling inward, into his own head, trying to process whatever that question is.

**Your window of opportunity:** Stage 1 is recoverable. But, and this is critical, *only if you don't panic.*

The worst thing you can do here is what your anxiety is telling you to do: chase harder. Text more. Call more. Ask "Are you okay?" five times a day.

Because here's what that does: it confirms whatever subtle doubt he was starting to have. It makes you look desperate. And desperation kills attraction faster than almost anything else.

What actually works? Matching his energy. If he's texting less, you text less. Give him space to actually *miss* you instead of smothering him with your presence.

**The mistake most women make:** They sense the shift and immediately try to close the gap by becoming more available, more accommodating. That confirms his doubts, and that's because desperation isn't attractive.

## **STAGE 2: The Cooling Off**

Stage 2 is when you stop wondering if something's wrong and start *knowing* something's wrong.

### **What it looks like:**

- Days pass between messages now. Maybe even a full week
- When he finally responds, it's surface-level. "Been busy" becomes his default explanation
- Plans fall through more than they happen. He cancels with less notice and flimsier excuses
- He's active on Instagram, posting and commenting on other people's stuff, but "too busy" to respond to you
- When you *do* see him, it feels different. The physical stuff might still happen, but the emotional intimacy is gone
- You haven't met anyone new in his life in months. No friends. No family
- When you try to have a real conversation about where this is going, he gets evasive: "We're good, why you dey stress?"

**What's happening:** By Stage 2, he's made a decision: he's not sure about you. But he also hasn't decided to *end* things. So he's doing this awkward half-in, half-out thing where he keeps you around without actually committing.

Maybe he's talking to someone else. Maybe he's just emotionally checked out. Maybe he's hoping that if he's distant enough, you'll get frustrated and end it yourself. That way, he doesn't have to be the bad guy.

Whatever the reason, you're no longer a priority. You're an option.

**Your window of opportunity:** Stage 2 is hard because the relationship isn't *over* over. It's just... dying slowly. And you have to decide: are you okay with this diminished version of what you had?

At this stage, you have a choice: have one direct, honest conversation to get clarity and be willing to walk away based on what you hear, or just walk away now and save yourself the heartache of a slow fade.

**The mistake most women make:** They convince themselves it's just a phase. "He's stressed." "He'll come back." So they wait. And months pass in this limbo. And their self-esteem erodes a little more each day.

### **STAGE 3: The Exit**

Stage 3 is when he's mentally checked out completely. In his mind, it's over. He just hasn't made it official yet.

#### **What it looks like:**

- You're the only one reaching out now
- His replies, when they come at all, are cold. One word. No effort. Sometimes he just leaves you on read for days
- He's living his life publicly, posting, going out, doing things, without even pretending to include you
- When you finally address what's happening, he either gets defensive ("Why you always complaining?") or completely shuts down emotionally

**What's happening:** It's over. He's either waiting for what he thinks is the "right time" to officially end it, or he's hoping you'll do it first. Some men will drag this out for *months*, especially if there's still something he's getting from you.

But emotionally? He left a long time ago.

**Your window of opportunity:** There isn't one. I know that's brutal to hear. But Stage 3 is not about winning him back. It's about recognizing what's happening and having enough self-respect to walk away from someone who's already gone.

You cannot make someone love you. You cannot convince someone to choose you.

**The mistake most women make:** They fight for the relationship harder than ever at this stage. They pour everything into trying to remind him why he fell for them in the first place. And it still doesn't work.

### 3. Common Nigerian Dating Mistakes Women Make

#### 1. The "Perfect Girlfriend" Audition

You start cooking his favorite food. Making yourself available whenever he wants. Never complaining. Essentially giving him all the benefits of a committed relationship without him actually having to commit.

**Why it backfires:** He's already getting everything he wants. Where's his incentive to make it official? You've shown him he can have the girlfriend experience with zero effort on his part.

#### 2. Moving at His Pace (While Ignoring Yours)

He says he's "not ready" or wants to "take things slow," so you wait. Six months. A year. Two years. Meanwhile, he's perfectly comfortable, and you're growing resentful.

**The truth:** A man who truly wants you will move things forward at a reasonable pace. "I'm not ready for a relationship" almost always means "I'm not ready for a relationship *with you*."

#### 3. Oversharing on Social Media

You're posting him all over your Instagram. Couple photos. "My man" captions. Making it Facebook official before he's even called you his girlfriend.

**Why it backfires:** Now there's social pressure. His boys are asking questions. You've boxed him in before he was ready.

**Better approach:** Let *him* claim you publicly first. When a man is serious, he'll want people to know you're his.

#### 4. Ignoring Red Flags Because "He Has Potential"

He's inconsistent. Sometimes disrespectful. Emotionally unavailable. But you focus on the 10% of the time when he's amazing and convince yourself he could be perfect if he just worked on X.

**The truth:** You have to date who he *is* right now, not who you think he could become. People don't change unless they want to. And love doesn't fix broken people.

## 5. Chasing When He Pulls Away

He goes quiet for three days. You panic. You send a "Hey, you good?" text. Then another. Then a voice note. Then you call. Then you show up.

**Why it backfires:** Chasing when someone's pulling away doesn't bring them closer, it confirms whatever doubt made them pull away in the first place.

## 4. What His Instagram/WhatsApp Behavior Actually Means

Let's be real: in Nigerian dating, WhatsApp and Instagram *are* the relationship half the time. So you need to know what his online behavior is actually telling you.

### His Behavior

### What It Actually Means

Views your status but doesn't text

He's keeping tabs without commitment. Curiosity without investment

Active online, but your message sits there for hours

You're not a priority. He had time to be on WhatsApp; he's choosing not to respond

Posts on his story but ignores your message

He's not too busy. He's selectively busy. He's available to everyone except you

Takes forever to respond, but when he does, it's paragraphs

He's interested, but you're not the top priority

Only hits you up late at night

You're a convenience, not a priority. He wants what you offer after hours

**The bottom line:** When a man is truly interested, you will not be confused. His behavior will be consistent. His effort will be obvious.

Confusion is not a mystery. Confusion is your gut telling you something's off.

## 5. Why "Trying Harder" Pushes Him Away

This is the part that feels most unfair: the more you chase, the faster he runs.

Here's why:

**1. It confirms his doubts.** Whatever hesitation he had, could be "Is she too available?" "Is this moving too fast?" Your extra effort validates it.

**2. It kills the chase.** Men are wired to pursue. When you flip that script and become the pursuer, the dynamic shifts. There's no challenge anymore.

**3. It lowers your value.** When you're the only one trying, you're essentially saying, "I'll accept whatever scraps you throw me." And people don't value what comes too easily.

**4. It becomes pressure.** All your attempts to "fix" things make him feel cornered. Instead of wanting to stay, he wants to escape.

**What to do instead:**

- Match his energy. If he's giving 30%, you give 30%
- Refocus on your life. Your friends. Your hobbies. Your goals
- Give him space to miss you
- Let your absence speak

**Here's the wild part:** The moment you stop chasing is often when he starts noticing what he's about to lose. But here's the even wilder part: by that point, you might realize you don't actually want him anymore.

And that? That's the real power.

# MODULE 2: The Psychology of Male Attraction

Alright, let's talk about something most relationship advice gets completely wrong: what actually makes a man emotionally invest in you.

And I'm not talking about physical attraction here.

That's the easy part.

A man can be physically attracted to you and still not want anything serious. He can think you're beautiful, enjoy your company, have great chemistry with you, and still keep you at arm's length emotionally.

The real question is: what makes him go from "she's cool" to "I don't want to lose her"?

Because that shift?

That's what separates the women men date casually from the women they actually commit to. And understanding how that works will save you from wasting time on men who were never going to choose you anyway.

## 1. What Makes a Man Emotionally Invest

Here's what most women get wrong: they think if they just love him hard enough, give him enough, be supportive enough, he'll eventually realize how valuable they are and commit.

But emotional investment doesn't work like that. You can't earn it by being perfect. You can't convince him of it by proving your worth.

Emotional investment happens when three specific things align:

### **He feels better about himself when he's with you**

Notice I didn't say "you make him happy" or "you're fun to be around." Those things matter, but they're not enough.

A man emotionally invests when being with you makes him feel like a better version of himself. Not because you're stroking his ego constantly or treating him like he's perfect,

but because around you, he feels capable. Respected. Seen in a way that makes him want to rise to the occasion.

Let me give you an example: I know a woman, let's call her Tola, who dated this guy for about eight months.

She was gorgeous, successful, and checked all the boxes on paper. But she had this habit of... managing him.

Reminding him about things he needed to do. Correcting him in front of friends. Basically, treating him like a project that needed improvement.

He eventually left her for someone who, honestly, wasn't as accomplished. But here's what he told his friend: "With Tola, I always felt like I wasn't good enough. With [new girl], I feel like I can breathe."

That's the difference. One woman made him feel inadequate. The other made him feel accepted. Guess which one he chose?

Now, this doesn't mean you accept trash behavior or lower your standards. It means you don't constantly point out where he's falling short. You acknowledge what he does well. You make him feel like his efforts matter.

Because when a man feels like he's winning with you, he'll do whatever it takes to keep you.

## **You have a life outside of him**

This sounds counterintuitive, but men are more attracted to women who don't make them their entire world.

Think about it: if you drop everything the second he calls, rearrange your whole schedule to fit his, and basically sit around waiting for him to give you attention, what does that tell him?

That you don't have much else going on. That's he is your whole life. And paradoxically, that makes you less attractive.

But when you have your own friends, your own goals, your own interests, when he texts, and you're genuinely busy doing something else, he starts to think, *Wait, what's she doing? Who's she with?*

Not in a jealous way (okay, maybe a little jealous), but in a "she has options, she has a life, I need to make sure I'm part of it" way.

I watched this play out with my own cousin. She was dating this guy who was always "too busy" to make solid plans. Then she started a small business, joined a gym, and reconnected with old friends.

Suddenly, she wasn't as available when he randomly hit her up. And guess what? He started making actual plans. Calling in advance. Putting in effort.

She didn't play games. She just stopped making him the center of her universe. And ironically, that's when he decided he wanted to be with her.

### **He feels emotionally safe with you**

This is the big one. And it's where a lot of women lose men without even realizing it.

Emotional safety doesn't mean you never disagree or that you accept everything he does. It means he can be himself, flaws and all, without you weaponizing it later.

It means he can tell you he's stressed about money without you immediately panicking or making it about whether he can "provide." It means he can be vulnerable without you losing respect for him.

Nigerian men especially struggle with this because of how they're raised. "Boys don't cry." "Man up." "Handle it." So when they do open up, it's a big deal. And how you respond in that moment determines whether they'll ever do it again.

If he tells you he's worried about something, and you immediately go into fix-it mode, lecture him, or worse, bring it up later in an argument ("You can't even handle X, and now you want to Y?"), he'll shut down. And he won't open up again.

But if he can be uncertain, confused, or struggling, and you just... hold space for that without making it a bigger thing than it is? He'll start to see you as someone he can actually build with. Someone safe.

## **2. The Difference Between Attention and Commitment**

Let me be very clear about something: **a man giving you attention does not mean he's committed to you.**

He can text you every day. Take you out. Introduce you to some friends. Sleep with you regularly. Call you pet names. And still not be serious about you.

I've seen this confuse so many women. They think, "We talk all the time, we have great chemistry, he clearly likes me, so where's this relationship going?"

And then six months later, they're still in the same ambiguous "talking stage" with no real progress.

Here's what you need to understand:

### **Attention is easy. Commitment requires sacrifice.**

Texting you costs him nothing. Taking you out occasionally costs him a few thousand naira. Even introducing you to a few friends is still low stakes.

Commitment, though? Commitment means:

- He's not entertaining other options
- He's factoring you into his future plans
- He's willing to deal with the social pressure (your family, his family, friends)
- He's integrating you into his real life, not just the fun parts
- He's making decisions with "we" in mind, not just "I"

Those things require actual sacrifice. Actual investment. And a lot of men aren't ready for that, so they stay in the comfortable middle ground where they get most of the benefits without the responsibility.

### **The "talking stage" is where men get stuck on purpose**

Let's talk about this "talking stage" thing because it's gotten completely out of hand.

In theory, the talking stage is supposed to be that early period where you're getting to know each other, seeing if there's potential, before making things official. A few weeks, maybe a month or two. Fine.

But I know women who have been in the "talking stage" for six months. A year. Some even longer.

At what point are you just... in an undefined relationship that benefits him and leaves you in limbo?

Here's the truth: men know exactly what the talking stage is for, and some of them abuse it. Because in the talking stage, he gets to:

- Act like your boyfriend when it's convenient
- Pull the "we're not official" card when it's not
- Keep his options open without technically cheating
- Avoid the pressure of meeting your family or being Facebook official
- Have regular access to you (emotionally, physically) without full commitment

It's the perfect setup for a man who wants girlfriend benefits without boyfriend responsibilities.

## **Signs he's moving toward commitment vs. just enjoying your company**

So how do you tell the difference? Here are the signs he's actually serious:

### **Moving toward commitment:**

- He talks about the future and includes you in it ("When we travel next year..." "If we move in together...")
- He's introduced you to the important people in his life, family, close friends, not just the random guys he hangs out with
- He's consistent. You're not wondering where you stand week to week
- He's made it clear to other women that he's taken
- He wants to know about your life, your goals, your fears, your past, not just surface-level stuff
- When problems come up, he works through them instead of disappearing
- He's told you, in clear words, that he wants to be with you

### **Just enjoying your company:**

- Future talk is always vague or hypothetical, never concrete
- You've met a few friends, but it feels casual. You're not integrated into his real life
- He's inconsistent. Some weeks he's all in, other weeks he's distant
- You're not sure how he introduces you to people. "My friend"? or "Someone I'm talking to"?
- Conversations stay surface-level. He's not trying to really *know* you
- When there's a disagreement, he goes quiet or threatens to leave
- He hasn't actually defined what you are, and when you bring it up, he deflects

Look, if you've been "talking" for months and he still can't give you a straight answer about where this is going, you have your answer. He's comfortable in the ambiguity. And he'll stay there as long as you let him.

### **3. Why Being "Nice" Isn't Enough**

I need to say this clearly: being a good woman, kind, supportive, and caring, does not automatically make a man commit to you.

I know that's frustrating. You're probably thinking, "But I'm doing everything right! I'm patient, I don't nag, I'm understanding, I support his dreams, what more does he want?"

And the answer is... something you're probably not giving him: challenge.

#### **The attraction vs. comfort balance**

Men need two things in a relationship: attraction and comfort.

Comfort is what you're probably already providing. You're easy to be around. You don't cause drama. You're supportive. You make his life easier.

That's great. But comfort alone doesn't create lasting attraction. Comfort is what makes you a good friend. Attraction is what makes you a romantic partner.

Attraction comes from:

- A little unpredictability (you're not always available)
- Standards he has to meet (you don't accept just anything)
- Your own life and goals (you're not just an accessory to his life)
- Mystery (he doesn't know everything about you immediately)
- Challenge (being with you makes him step up)

When you're too comfortable, and I mean too available, too accommodating, too predictable, you remove the attraction element. And when attraction fades, so does his interest.

#### **The "cool girl" trap**

There's this thing that happens where women think they need to be the "cool girl" to keep a man interested.

You know the type: doesn't ask where he is or who he's with. Never gets jealous. Always down for whatever. Doesn't complain when he cancels plans. Basically acts like she has no standards or emotions.

And for a while, it works. He loves it! Of course, he does; he gets to do whatever he wants with zero accountability.

But here's what happens eventually: he gets bored. Or worse, he loses respect for you. Because deep down, he knows you're performing.

He knows real women have boundaries and expectations. And when you don't, it makes him wonder what's wrong with you that you'd accept this.

I watched this happen to a friend. She was so busy being the "cool girlfriend" that she never spoke up about things that bothered her.

He'd cancel plans last minute, she'd say it was fine. He'd go weeks without calling her his girlfriend publicly, and she'd laugh it off. He'd be questionable with other women, and she'd act like she didn't notice.

Then one day, he left her for someone who actually had standards. Someone who called him out when he messed up. Someone who expected effort.

He literally told her, "You were great, but it felt like you didn't really care. Like I could do anything and you'd just accept it."

Being "nice" and "easy" didn't make him value her more. It made him value her less.

## **What men actually value in a partner**

You want to know what makes a man think, "I don't want to lose her"? It's not being perfect. It's not being low-maintenance. It's being someone who:

**Has self-respect.** You know your worth, and you don't accept less than you deserve. Not in a proud, difficult way, just in a "I value myself" way.

**Challenges him to be better.** Not by nagging or criticizing, but by being someone whose respect he wants to earn.

**Doesn't need him, but chooses him.** There's a difference between "I can't live without you" and "I have a full life, but I want you in it." The second one is infinitely more attractive.

**Has her own identity.** You're not just "his girlfriend." You're a whole person with dreams, interests, friendships, and goals.

**Is emotionally mature.** You can communicate without drama. Handle conflict without shutting down or exploding. Be vulnerable without being needy.

That combination, warmth plus standards, kindness plus self-respect, that's what makes a man think long-term.

## 4. The Role of Mystery and Challenge

Let me tell you something: predictability is the death of attraction.

When a man knows exactly what you'll say, how you'll react, when you'll be available, what you'll accept, he gets comfortable. And comfort, while necessary, kills the spark if there's nothing else there.

### **Why men lose interest when things become too predictable**

Think about the beginning of your relationship. There was excitement, right? The butterflies when he texted. The anticipation before seeing him. The wondering what would happen next.

Part of that excitement was *not knowing*. You didn't know if he'd call. You didn't know where this was going. Everything felt new and uncertain and alive.

But then you settled in. Now you text every morning. You know his schedule. You know exactly how Saturday nights will go. You finish each other's sentences.

And somewhere along the way, the excitement faded.

This doesn't mean you should play games or be deliberately difficult. But it does mean you should maintain some level of individuality and unpredictability.

Don't always be available. Sometimes you actually have plans. Sometimes you're busy, and he has to wait.

Don't always agree with him. Have your own opinions. Challenge his thinking occasionally.

Don't tell him everything immediately. Let him discover things about you over time.

Keep growing. Keep changing. Don't become a static, predictable presence in his life.

## **The difference between mystery and games**

Now, there's a difference between healthy mystery and playing manipulative games. Let me be clear about that.

### **Playing games looks like:**

- Ignoring him to make him jealous
- Lying about where you are or who you're with
- Creating fake drama to get attention
- Being hot and cold randomly with no reason
- Making up rules to test him

### **Healthy mystery looks like:**

- Having a life outside of him that you don't always share every detail about
- Not being available 24/7 because you genuinely have other things going on
- Letting him wonder about you sometimes instead of over-explaining everything
- Maintaining some independence and privacy
- Not making your whole life revolve around him

See the difference? One is manipulation. The other is just... being a whole person with your own life.

## **Creating healthy intrigue without manipulation**

Here's how you maintain attraction without resorting to games:

**Be genuinely busy.** Not fake busy where you're sitting at home staring at your phone but refusing to answer. Actually busy with work, friends, hobbies, and goals. When you have a full life, you're naturally less available. And that creates the space he needs to miss you.

**Don't overshare immediately.** You don't need to give him your entire life story in the first month. Let him discover who you are gradually. Let there be layers he hasn't uncovered yet.

**Keep growing.** Take that class. Start that business. Learn that skill. When you're constantly evolving, you remain interesting. He can't fully figure you out because you're not staying static.

**Maintain your friendships and interests.** Don't drop your girls the second you get into a relationship. Don't abandon your hobbies. Those things make you who you are. Without them, you become... less.

**Don't always be the first to reach out.** Sometimes let him initiate. Let him wonder what you're up to. Let him experience what it's like when you're not always chasing him.

The goal isn't to be distant or cold. It's to be present but not desperate. Interested but not needy. Available but not always.

That balance? That's what keeps him interested long-term.

## 5. How Emotional Availability Works for Men

This is where Nigerian culture specifically comes into play, because the timeline for emotional availability is... complicated.

### The Nigerian man's relationship timeline

Western dating advice will tell you that if a man likes you, he'll make it official within a few months. Lock it down quick, right?

But Nigerian men? There's a whole different set of considerations they're working through.

He's thinking about: Can I afford a girlfriend right now? What will my family say about her background? Is she the kind of woman my mother will approve of? What if her bride price expectations are too high? Am I financially stable enough to start this?

And listen, some of these are legitimate concerns.

Meeting the family in Nigerian culture is a BIG deal. It implies serious intent. There's financial pressure, social pressure, and tribal considerations sometimes.

So yeah, Nigerian men might take longer to commit than, say, American men who can date someone for a month and make it Facebook official without anyone batting an eye.

**But**, and this is important, taking longer doesn't mean taking *forever*.

If it's been a year and he's still saying "I'm not ready" or "Let's take it slow" without any concrete progress, that's not cultural consideration. That's stalling.

## **Family pressure and commitment fears**

A lot of Nigerian men are genuinely afraid of commitment because they know what comes with it.

Your family will start asking about marriage. His family will have opinions about you. Church people will get involved. Everyone will have expectations about how fast this should move, what he should be providing, and what the next steps are.

And if he's not ready for that pressure, whether financially, emotionally, or whatever, he'll avoid commitment entirely.

Here's where you need to be honest with yourself: Is he afraid of commitment *in general*, or is he afraid of commitment *with you specifically*?

Because a man who's genuinely working toward being ready will show you. He'll talk about his plans. He'll include you in his future thinking. He'll be clear that he wants this, but he's just getting certain things in order first.

But a man who's using "I'm not ready" as a permanent excuse while making zero effort to get ready? He's telling you he doesn't see a future with you.

## **Cultural expectations vs. personal readiness**

Sometimes you'll hear: "I need to be financially stable before I settle down."

And okay, that's reasonable. A man wanting to have his life together before committing to a serious relationship, that makes sense.

But watch what he does with that time. Is he actually working toward financial stability? Building something? Making progress?

Or is he saying that while spending money on club trips with the boys, buying the latest phone, living the same lifestyle he's always lived?

Because "I need to be financially stable" as a genuine goal looks different from "I need to be financially stable" as an excuse to avoid commitment.

One comes with a plan and a timeline. The other is just words.

# MODULE 3: Communication Strategies That Work

Here's something nobody warns you about when you start dating: most relationship problems aren't actually relationship problems. They're communication problems dressed up as compatibility issues.

You think he doesn't care because he's not texting back. He thinks you're being dramatic because you're upset he didn't text back.

You both get frustrated. Distance grows. And suddenly you're in a whole fight about something that could've been avoided if either of you knew how to communicate properly.

And in Nigerian dating, especially where so much happens over text and voice notes, how you communicate can literally make or break your relationship before it even starts.

So let's talk about how to actually communicate in ways that create connection instead of confusion.

## 1. The Golden Rules of Texting in Nigerian Dating

Let me just say this upfront: texting has ruined more "almost relationships" than anything else. Because people read into everything. The time it takes to respond. The punctuation (or lack of it). Whether he used an emoji or not.

And Nigerian texting culture has its own specific dynamics that you need to understand if you don't want to sabotage yourself.

### **Rule 1: Stop treating "seen" as a personal attack**

I know it feels terrible. You send a message. You see he's online. The checkmarks turn blue. And then... nothing. For hours.

Your brain immediately goes: *He's ignoring me. He doesn't care. He's talking to someone else.*

But here's what's probably happening: He saw your message while he was in the middle of something, commuting, in a meeting, in a conversation with someone else,

and he can't give it proper attention right now. So he's waiting until he can actually respond properly.

Or honestly? Sometimes he just doesn't know what to say yet.

Men process differently from women. When you send a message that requires thought or addresses something serious, he might need time to figure out how to respond. That's not ignoring you. That's him trying not to say the wrong thing.

Now, if he's consistently leaving you on read for *days* while being active online, that's different. That's telling you where you rank in his priorities. But a few hours? That's normal life.

**What to do instead:** Don't follow up with "Hello?" or "Did you see my message?" That just makes you look anxious. Send your message and go do something else. If he doesn't respond within a day, *then* you reassess.

## **Rule 2: Match his communication style (at least initially)**

If he sends short texts, don't send him paragraphs. If he takes a few hours to respond, don't respond in two minutes every time.

This isn't about playing games. It's about reading the room.

When you're way more invested in the conversation than he is, like sending long messages, responding immediately, and double texting, you're showing him that you're more interested than he is. And that creates an imbalance.

I watched my friend Chioma do this. This guy would send her one-line texts like "How far?" and she'd respond with full paragraphs about her day, asking him questions, trying to keep the conversation going. And he'd respond with "Nice" or "Lol."

She was doing all the work. And eventually he lost interest, not because she wasn't great, but because there was no chase. She made it too easy.

**What to do instead:** Meet him at his level of investment. If he's putting in 30% effort, you put in 30%. When his effort increases, yours can too. It's a dance, not a solo performance.

## **Rule 3: The "good morning" text is not a requirement**

Let me address this because it's a whole thing in Nigerian dating: the expectation of daily "good morning" texts.

Some people think that if he doesn't text you good morning every single day, he's not serious. That's not true.

Good morning texts are nice. They're sweet. But they're not the measure of someone's interest. What matters more is the quality of your interactions, not the quantity of obligatory check-ins.

I know couples who text "good morning" every day out of routine but barely have real conversations. And I know couples who don't text every morning, but when they do talk, it's meaningful.

Don't get so caught up in the ritual that you miss whether there's actual substance.

**What to do instead:** Focus on whether your conversations have depth, not just frequency. One real conversation is worth more than ten "GM baby" texts with nothing behind them.

#### **Rule 4: Don't conduct serious conversations over text**

This is where so many relationships go wrong. Something happens. You're upset. So you fire off a long text addressing the issue.

And it goes terribly. Because tone is lost in text. Context is lost. Emotion gets misinterpreted. What you meant as hurt comes across as attacking. What he meant by explaining comes across as defensive.

Before you know it, you're in a text fight where you're both arguing about what the other person *meant* instead of what was actually said.

**Here's the rule:** If it's important, have the conversation in person or at a minimum on a phone call. Voice notes can work too, but even then, be careful.

Text is for logistics ("What time should I come?"), light conversation, and sharing memes. Not for resolving conflict or discussing feelings.

#### **Rule 5: Stop reading between the lines**

He texts "K."

You immediately spiral: *Why just K? Is he mad? Did I do something? Should I ask if he's okay? Maybe I should give him space. Or wait, maybe he's testing me to see if I'll chase.*

And meanwhile, he literally just meant "okay" and went back to whatever he was doing.

Women do this thing where they analyze every word, every punctuation mark, every emoji choice. And most of the time, the guy put zero thought into it.

I'm not saying be completely oblivious. But I am saying: stop creating entire narratives based on someone's texting style.

If you're confused about how he feels, you'll know based on his actions over time, not based on whether he used a period or an exclamation point.

**What to do instead:** Take things at face value unless his *behavior* is consistently telling you otherwise. One dry text doesn't mean anything. A pattern of dry texts combined with other signs of distance? That means something.

### **Rule 6: Don't double-text unless it's actually necessary**

You send a message. He doesn't respond. You wait an hour. Send another one. Still nothing. So you send a third: "Hellooooo?"

Stop. Stop embarrassing yourself.

Double texting occasionally is fine, like if you forgot to mention something important or if the conversation genuinely requires a follow-up. But multiple messages when he hasn't responded to the first one? That screams insecurity.

It says: *I need your attention right now, and I can't handle not having it.*

**What to do instead:** Send your message and then genuinely go do something else. Live your life. If he responds, great. If he doesn't respond within a reasonable time, that's information too. It tells you how much priority you are.

And if someone consistently leaves you hanging and only responds when convenient for them, stop texting them first. See if they notice you're gone.

### **Rule 7: Use voice notes strategically, not lazily**

We need to talk about voice notes because they're huge in Nigerian communication, and people misuse them constantly.

## 2. Voice Note Mastery

Voice notes can be incredibly intimate and effective, or they can be incredibly annoying and counterproductive. The difference is in how you use them.

### The 60-second rule

Unless you're telling a story that specifically requires more time, keep your voice notes under 60 seconds.

I know people who send 5-minute voice notes about absolutely nothing. Just rambling. Stream of consciousness that could've been a one-sentence text.

And honestly? Most people don't listen to the whole thing.

Especially men. If he clicks on your voice note and sees it's 7 minutes long, there's a good chance he's going to put it off until later and then forget about it entirely.

**Exception:** If you're having an actual conversation and the back-and-forth naturally extends, fine.

But as an initial message? Keep it tight.

### Tone matters more than words

Here's what makes voice notes powerful: he can hear your tone. Your energy. Whether you're actually upset or just teasing. Whether you're excited or just being polite.

But that also means you need to be intentional about how you sound.

If you're trying to address something that bothered you, don't send a voice note when you're still heated. You'll sound more aggressive than you intend, and he'll get defensive.

If you're trying to be playful and flirty, make sure your voice actually sounds playful and flirty. Because sometimes people send voice notes that *say* something light but *sound* annoyed, and the tone wins.

**Pro tip:** Before you send a voice note about anything remotely serious, listen to it yourself first. If you wouldn't want to receive that tone, don't send it.

## What you should never say in voice notes

Some things just don't translate well to voice notes. Here's what to avoid:

**Criticism or complaints.** Hearing someone's disappointed or irritated voice makes everything feel heavier than it needs to be. If you need to address an issue, do it in person or over the phone, where it can be a two-way conversation.

**Accusations.** "I saw you were online but you didn't respond to me" sounds 10x more confrontational in audio than in text. Don't do it.

**Ultimatums.** Never deliver a "we need to talk about where this is going" message via voice note. That's ambush energy.

**Long venting sessions.** If you need to vent about your day, your job, your family, call a friend. Don't send your guy a 10-minute voice note of complaints unless he specifically asked how you're doing and you know he has time to listen.

## When voice notes work better than text

On the flip side, voice notes are perfect for:

**Explaining something complex.** If you need to give directions, explain a situation, or share a story with details, a voice note is faster and clearer than typing it all out.

**Sharing excitement.** When something good happens, and you want to tell him, your excited voice conveys that energy way better than "OMG guess what happened!!!" with a bunch of emojis.

**Flirting.** A well-timed, playful voice note with a smile in your voice can create way more chemistry than any text.

**Expressing appreciation.** "Thank you for earlier, that meant a lot to me" hits different when he can hear the sincerity in your voice.

**Goodnight/Good morning messages (if that's your thing).** Hearing your voice is more personal than reading text.

## The biggest voice note mistake women make

Sending voice notes when he's clearly not in a space to listen to them.

He's at work. You send a 3-minute voice note. He sees it but can't listen right now. By the time he can listen, the moment has passed, and it feels awkward to respond.

**Better approach:** If you want to send a longer voice note, send a quick text first: "Remind me to tell you what happened today" or "I have a funny story for you when you're free."

That way, when he has time, he can ask, and then you send the voice note in context.

### **3. How to Respond When He Goes Cold**

Alright, this is the scenario that stresses women out the most: things were going well, and then he just... goes quiet.

Not completely ghost. But noticeably distant. And you're sitting there wondering what happened and what you should do about it.

#### **The 48-hour rule**

When he goes quiet, your first instinct is probably to reach out immediately. "Hey, you good?" "Haven't heard from you in a bit." "Did I do something?"

Don't.

Give it 48 hours of actual silence before you do anything. Here's why:

Sometimes people are just busy. Sometimes life happens. Sometimes he needs a minute to himself, and it has nothing to do with you.

If you panic and reach out after 6 hours of silence, you look anxious. You look like you can't handle normal space in a relationship. And that's not attractive.

But if 48 hours pass with zero communication, especially if he's been active online during that time, then yeah, something's up.

#### **The one text that works (if you choose to send one)**

After 48 hours, if you want to reach out, here's how to do it:

#### **Don't say:**

- "Why are you ignoring me?"
- "So you're just not going to text me?"
- "I guess you're too busy for me now."
- "Are we okay?"

All of those reek of insecurity and accusation.

**Instead, say something like:**

- "Hey, hope everything's good on your end."
- "Been thinking about [inside joke/shared memory]. Let me know when you're free to catch up."
- "Saw [something that reminded you of him]. Hope you're doing well."

Keep it light. Keep it friendly. Don't make it about his silence. Just open the door for him to reconnect if he wants to.

Then, and this is the hard part, **let it go**. If he responds, great. If he doesn't, you have your answer about how much he values communication with you.

**When to match his energy instead of reaching out**

Sometimes the best response to silence is... more silence.

If he's pulled back and you pull back too, one of two things will happen:

**1. He'll notice you're not chasing and realize he misses your presence.** Then he'll reach out. And when he does, you'll know he actually wants to talk to you, not just responding out of obligation.

**2. He won't notice or won't care.** And that tells you everything you need to know about how much space you occupy in his life.

Either way, you win. Because you get clarity instead of staying in anxious limbo, wondering if you should text him or not.

**The key:** Don't match his energy to punish him or make him jealous. Do it to protect your peace. If someone's not making you a priority, don't make them yours.

**What his silence is actually telling you**

Look, I'm going to be honest: when a man is genuinely interested in you, he doesn't go days without talking to you unless something serious happened.

He doesn't "forget" to text you. He doesn't "get too busy" to send a single message for 72 hours. He doesn't leave you wondering where you stand.

So when he goes cold, he's usually telling you one of these things:

- He's unsure about the relationship and pulling back to think
- He's talking to someone else, and you're no longer his focus
- He's dealing with something personal and shutting everyone out
- He's testing to see if you'll chase (which, don't)
- He's losing interest but too cowardly to say it directly

Your job isn't to figure out which one it is. Your job is to decide how long you're willing to sit in uncertainty before you move on.

## 4. What to Say vs. What NOT to Say

Words matter. The way you say things matters. And in relationships, the difference between connection and conflict often comes down to how you phrase things.

### Phrases that push men away

#### 1. "We need to talk."

This phrase triggers instant panic in men. It sounds like an ambush. Like he's in trouble and doesn't even know why yet.

**Say instead:** "Hey, when you have some time, I'd like to talk about [specific thing]." Specificity reduces anxiety.

#### 2. "You never..." or "You always..."

Absolutes like "never" and "always" are rarely true, and they immediately make him defensive. Because his brain goes, *Wait, I don't ALWAYS do that. There was that one time...*

**Say instead:** "I've noticed that sometimes..." or "Lately I've felt like..." This frames it as a pattern you've observed, not an attack on his character.

#### 3. "Why are you like this?"

This is not a real question. It's an accusation disguised as a question. And it makes him feel like something's wrong with him fundamentally.

**Say instead:** "I'm trying to understand what's going on with you. Can you help me understand?" This invites explanation instead of defensiveness.

#### **4. "Fine. Do whatever you want."**

You're clearly not fine. And you clearly don't want him to do whatever he wants. So why say it?

Because you're hoping he'll read your mind and do the right thing anyway. He won't.

**Say instead:** "I'm not comfortable with that, and here's why..." Be direct about what you actually want.

#### **5. "If you loved me, you would..."**

This is manipulation. You're trying to force his hand by making love conditional on a specific action.

**Say instead:** "It would mean a lot to me if..." or "I feel valued when..." This communicates your needs without the guilt trip.

### **Phrases that create connection**

#### **1. "I appreciate when you..."**

Men respond to appreciation. When you acknowledge what he does right, he wants to keep doing it.

**Example:** "I appreciate when you check in during the day. It makes me feel thought about."

#### **2. "Help me understand..."**

This invites conversation instead of argument. It assumes good intent and asks for clarity.

**Example:** "Help me understand why you didn't think to let me know you'd be late. I'm trying not to jump to conclusions."

#### **3. "I feel [emotion] when [specific behavior]."**

This is the classic "I statement," and it works because you're owning your feelings instead of blaming him.

**Example:** "I feel unimportant when plans get cancelled last minute" instead of "You always cancel on me."

#### 4. "What would help both of us here?"

This frames the problem as something you're solving together, not something he did wrong.

**Example:** "We keep having this same argument. What would help both of us communicate better about this?"

#### 5. "I trust you, but I need..."

This acknowledges that you believe in him while also stating your boundaries.

**Example:** "I trust you, but I need more consistency in communication. Can we figure out what that looks like?"

### How to bring up concerns without sounding like you're nagging

Timing matters. Don't bring up serious issues right when he walks in the door, or when he's stressed about something else, or in public.

**Pick your moment.** Wait until you're both calm and have time to actually talk.

**Start with something positive.** "I love what we're building together, and because I care about this working, I want to talk about something that's been on my mind."

**Be specific, not vague.** Don't say "You've been distant." Say, "I noticed we haven't spent quality time together in two weeks, and I'm feeling disconnected."

**Focus on the behavior, not his character.** "When you don't respond to my messages for days, I feel like I'm not a priority," instead of "You're so inconsiderate."

**Listen to his perspective.** After you've said your piece, actually let him respond. Don't just wait for your turn to talk again.

**End with a solution.** Don't just complain. Offer a path forward. "Can we agree to check in at least once a day even when we're busy?"

## 5. Strategic Silence & Having Difficult Conversations

Sometimes the most powerful thing you can say is nothing at all. But you have to know when silence is strategic and when it's just avoidance.

## **When silence is more powerful than words**

**When he's looking for a reaction.** Some men will say or do something just to get a rise out of you. Don't give him the satisfaction. Your silence will bother him more than any argument would.

**When you've already made your point.** If you've clearly communicated how you feel and he's still not getting it, repeating yourself won't help. Your silence and the consequences that follow will speak louder.

**When he goes cold first.** If he's pulling away, don't fill the silence with anxious messages. Let him sit in that space and see if he misses you enough to come back.

**When you're too angry to communicate effectively.** If you're going to say something you'll regret, say nothing until you've calmed down.

## **The "where is this going" conversation (without pressure)**

This is the conversation every woman dreads because it feels like you're forcing his hand.

But here's the thing: if you've been dating for a reasonable amount of time and you don't know where you stand, you deserve clarity.

**When to have it:** Not in the first month. Not when things are rocky. But if you've been consistently seeing each other for 3-4 months and there's still no definition, it's time.

### **How to approach it:**

Don't: "So what are we?" (This feels like a trap)

Do: "Hey, I've really enjoyed getting to know you these past few months. I'm at a point where I'd like to know if we're working toward something serious or if we're keeping things casual. Either answer is okay, I just want to be on the same page."

**The key is:** You have to mean it when you say either answer is okay. Because you're not trying to force him into commitment. You're trying to get information so you can decide if you want to keep investing.

### **What to do with his answer:**

If he says he wants something serious: Great. Set some basic expectations and keep building.

If he says he wants to keep it casual, thank him for being honest. Then decide if casual is something you're actually okay with (not something you'll accept, hoping he changes his mind).

If he says "I don't know" or "Let's just see where it goes": That's a soft no. He's comfortable with the ambiguity. You need to decide if you are.

## **Timing: When to have serious conversations**

### **Good times:**

- When you're both relaxed and not rushed
- In person, in private
- After you've had a good experience together (not right after a fight)
- When you're both sober and clearheaded

### **Bad times:**

- Over text
- In public
- When either of you is tired, hungry, or stressed about something else
- Right before he has to leave
- During or right after an argument about something else

**The Sunday evening rule:** Some people swear by never having serious relationship talks on Sunday evenings because it ruins the vibe going into Monday. I don't know if that's universal, but there's something to be said for being mindful of timing.

## **What to do when he shuts down during difficult conversations**

Some men hear "we need to talk" and immediately go into shutdown mode. They stop responding. They get defensive. They stonewall.

### **Here's what usually helps:**

**Give him a minute.** "I can see this is a lot. Do you need a few minutes to process before we continue?"

**Reassure him you're not attacking him.** "I'm not trying to fight or make you wrong. I just want us to understand each other better."

**Ask what would make him more comfortable.** "Would it help if I texted you the main points first so you have time to think about it?"

**Be willing to table it if he's truly not ready.** "Okay, let's pause here. But I do need us to come back to this. When would be a better time?"

**But also: don't let him shut down every hard conversation.** If he refuses to engage every time you try to discuss something important, that's a different problem. That's someone who can't handle conflict or accountability, and that doesn't get better.

# MODULE 4: Creating the Right Dynamic

Here's the truth about relationship dynamics: they get established early, and once they're set, they're hard to change.

If you start out as the one who does all the calling, all the planning, all the pursuing, that becomes the pattern. And trying to shift it later feels like pulling teeth because he's gotten comfortable with you doing all the work.

So, the dynamic you want? You have to create it from the beginning. And if you're already in a lopsided dynamic, you have to be willing to disrupt it, even if it feels uncomfortable.

This module is about creating and maintaining the kind of relationship energy where he values you, pursues you, and doesn't take you for granted.

## 1. How to Stop Chasing Without Losing Him

Let me tell you about my friend Amara. Smart girl. Beautiful. Successful. Started dating this guy who seemed great at first. But slowly, she noticed a pattern: she was always the one reaching out. Always the one making plans. Always the one trying to keep the connection alive.

And when she mentioned it to him, he'd say, "But I like when you call. I like that you take initiative."

Translation: I like that I don't have to put in effort.

So she decided to stop. Just stopped calling. Stopped texting first. Stopped making plans.

And you know what happened?

He noticed. Within three days, he was calling her, asking if everything was okay. Suddenly, he was the one initiating. Making effort.

Why?

Because for the first time, he felt her absence. He realized she wasn't just going to be there by default. And that woke something up in him.

## Recognizing when you're chasing

Before you can stop chasing, you need to be honest about whether you're actually doing it. Here are the signs:

**You're always the first to reach out.** If you stopped texting, days or weeks would pass before you heard from him.

**You're doing all the planning.** He agrees to your suggestions but never suggests anything himself.

**You're more invested in the relationship than he is.** You're thinking about the future, talking to your friends about him, planning your schedule around him, while he's just... existing.

**You make excuses for his low effort.** "He's just busy." "He's not good at texting." "He shows love differently."

**You're afraid that if you pull back, he'll disappear.** And that fear keeps you chasing.

**You feel anxious when you don't hear from him.** Your mood depends on whether he's texted you or not.

If more than two of these apply to you, you're chasing. And it's time to stop.

## The art of pulling back gracefully

Pulling back doesn't mean playing games or being cold. It means realigning your energy to match his.

**Stop initiating contact for a week.** I know that feels scary. But you need to see if he'll notice you're not reaching out. If he does and steps up, great. If he doesn't even notice, you have important information about how much space you occupy in his life.

**Don't be available every time he calls.** Sometimes you're genuinely busy. Sometimes you have plans. You don't have to drop everything because he finally decided to reach out.

**Stop overexplaining yourself.** If you can't hang out, you don't need to justify it with a detailed explanation. "I have plans tonight" is enough.

**Focus on your own life.** This isn't a tactic, this is genuinely redirecting your energy to things that fulfill you. Your friends. Your goals. Your hobbies. The things you were doing before he showed up.

I watched this work for Amara, and I've seen it work for countless other women. Not because it's manipulation, but because it's authentic. When you stop chasing, you stop being desperate. And when you're not desperate, you become more attractive.

## **What happens when you stop pursuing**

One of three things will happen:

- 1. He'll step up.** He'll notice the shift and start putting in more effort because he realizes you're not just automatically going to be there. This is the best-case scenario.
- 2. He'll notice but not care enough to change.** He's comfortable with the low-effort dynamic, and he's fine if you drift away. This tells you everything you need to know.
- 3. He won't even notice.** And that's the most telling response of all. It means you were so low on his priority list that your presence or absence doesn't register.

Here's the thing though: no matter which one happens, you win. Because either you get a better relationship dynamic, or you get clarity that lets you stop wasting time on someone who wasn't investing anyway.

## **The fear that keeps women chasing**

The reason most women can't stop chasing is fear: *If I stop, he'll think I'm not interested, and he'll move on.*

But let's think about that logically. If a man is genuinely interested in you, like truly interested, do you really think he'll just disappear because you didn't text him first for once?

No. A man who wants you will pursue you. A man who's unsure will let you do all the work and then act confused when you get tired of it.

You're not going to lose someone who genuinely wants to be with you by having standards and self-respect. You'll only lose someone who was barely holding on anyway.

## **2. Making Him Feel He Might Lose You (Without Games)**

There's a difference between manipulating someone's emotions and naturally having a life that doesn't revolve around them.

One is toxic. The other is healthy.

## **The psychology of potential loss**

Human beings value what they're afraid of losing. That's just how we're wired.

Think about it: that shirt you never wear sits in your closet for months, and you don't care. But the second your sister says she wants it, suddenly you're like, "Wait, maybe I do want to keep it."

The same principle applies in relationships. When someone knows you're always going to be there, always going to forgive them, always going to accept whatever they give they get comfortable. And comfort breeds complacency.

But when there's even a slight possibility that you might walk away, that you have options, that you won't tolerate disrespect; suddenly you become more valuable.

Not because he's playing games. But because he genuinely doesn't want to lose something good.

## **Authentic unavailability vs. manipulation**

Let me be very clear about the difference:

### **Manipulation looks like:**

- Pretending you have plans when you don't
- Flirting with other men in front of him to make him jealous
- Going silent to "punish" him
- Making up scenarios to test him
- Being deliberately difficult just to make him work harder

### **Authentic unavailability looks like:**

- Actually having plans because you have a full life
- Maintaining friendships and interests outside the relationship
- Not dropping everything when he calls because you're genuinely busy
- Having boundaries and enforcing them
- Being willing to walk away if the relationship isn't healthy

See the difference? One is manufactured scarcity. The other is genuine independence.

And men can tell the difference. They might fall for games initially, but eventually, they see through it. What they can't resist, what genuinely makes them want to commit is a woman who has options but chooses them. Not because she has to, but because she wants to.

## **Building a life he wants to be part of**

This is the real key. Instead of shrinking your life to fit into his, build a life that's so full and rich that he wants to be included in it.

I know a woman, let's call her Jessica, who did this perfectly. When she started dating her now-husband, she had a full calendar. Twice-a-week gym sessions with her girls. Book club on Saturdays. Side business she was building. Church involvement. Family time.

When he asked to see her, sometimes she was genuinely unavailable. Not playing hard to get. Just... busy living.

And you know what he told her later? That's what made him fall for her. Because she wasn't sitting around waiting for him to give her life meaning. She had meaning, and he wanted to be part of it.

### **How to build this kind of life:**

**Invest in your friendships.** Don't be the girl who disappears when she gets a boyfriend. Your friends matter. Make time for them.

**Have goals outside of the relationship.** Whether it's career goals, fitness goals, creative projects, or learning something new; have things you're working toward that have nothing to do with him.

**Maintain your hobbies and interests.** The things that made you interesting in the first place.

**Create boundaries around your time.** Not every evening needs to be available for him. Not every weekend. You have a life.

**Be okay with missing out sometimes.** If he makes last-minute plans and you already have something scheduled, it's okay to say no. He'll respect you more for having priorities.

## **Standards that naturally create respect**

You don't have to announce your standards like ultimatums. You just have to live by them consistently.

If you say you don't tolerate being spoken to disrespectfully, and then he snaps at you, and you let it slide, you just taught him your standards are negotiable.

But if you calmly say, "I'm going to step away until you're ready to talk to me with respect," and then actually leave, he learns that you mean what you say.

### **Standards that create respect:**

- You don't tolerate being canceled on, repeatedly.
- You don't accept being someone's secret or option.
- You don't engage when he's disrespectful.
- You don't beg for basic effort.
- You don't stay in situations where you're consistently unhappy.

The beautiful thing about standards?

You don't have to defend them or convince anyone they're valid. You just have to enforce them.

And the right man won't fight your standards. He'll rise to meet them.

## **3. How to Avoid Being "Just There"**

Being "just there" is probably the fastest way to kill a man's interest in you. It's when you become background noise in his life. Convenient. Expected. Taken for granted.

### **The dangers of constant availability**

When you're always available, always free when he calls, always responding immediately, always rearranging your schedule to fit his, you send a message: *My life revolves around you. I have nothing else going on.*

And that makes you less interesting. Less valuable.

Think about restaurants. The ones with no line, where you can always get a table? You assume they're not that great. But the ones with a waitlist, where you have to book weeks in advance? Those must be special.

Same principle. When you're too available, he assumes you're not in demand. When you're selective with your time, he assumes other people value it too, which makes him value it more.

## **Creating anticipation in the relationship**

Anticipation is what keeps relationships exciting. The buildup. The idea of looking forward to seeing each other. The "I can't wait to tell her about this."

But you can't create anticipation if you're always accessible.

My cousin Grace figured this out early. She'd see her boyfriend maybe twice a week max, even though they both lived in the same city. Not because she was playing games, but because she genuinely had other things going on.

And he told her once, half-joking: "You know you're very hard to pin down, right?"

She just smiled and said, "I'm not hard to pin down. I just have a life."

And that's what kept him interested. Every time they hung out felt special because it wasn't automatic. There was anticipation. Effort. Intention.

### **How to create healthy anticipation:**

**Don't see each other every single day.** Even if you want to. Even if you have nothing else planned. Absence makes the heart grow fonder, but only if there's actually absence.

**Have some mystery.** You don't need to tell him every single detail of your day. Leave some things for him to discover over time.

**Make your time together count.** When you do see each other, be present. Not on your phone. Not distracted. Actually there.

**Don't be predictable.** Surprise him sometimes. Suggest something different. Keep him on his toes a little.

## **Maintaining individual identity**

This is where women lose themselves and then wonder why he lost interest.

You stop seeing your friends. Stop going to the gym. Stop working on your business. Stop doing the things that made you YOU. Because all your time and energy are going into the relationship.

And ironically, that's what makes him pull away. Because the woman he was attracted to, I mean the one with her own life, her own passions, her own identity is gone. And in her place is someone whose whole world revolves around him.

That's pressure. That's suffocating. Even if he loves you, it's too much.

I saw this happen to a friend. When she met her boyfriend, she was this vibrant, ambitious woman running her own event planning business.

Six months into the relationship, she'd scaled back her business, stopped going out with her girls, basically made him her entire life.

And he started pulling away. Not because he stopped caring, but because the dynamic had changed. She'd gone from being his partner to being... dependent. And that killed the attraction.

### **How to maintain your identity:**

**Keep your friendships active.** Girls' nights aren't optional. They're essential.

**Pursue your own goals.** Don't put your dreams on hold for a relationship.

**Have opinions and preferences.** Don't always defer to what he wants. You're allowed to have different tastes.

**Spend time alone.** You should be able to enjoy your own company. If you can't, that's something to work on.

**Keep growing.** Take that class. Start that project. Learn that skill. Don't become static.

When you maintain your identity, you remain interesting. You remain attractive. You remain someone he wants to be with, not someone he feels obligated to.

## **4. The Balance Between Interest and Independence**

This is the tightest rope to walk in dating: showing you're interested without seeming desperate. Being independent without seeming unavailable.

Get it wrong in either direction, and you sabotage yourself.

### **Showing you care without smothering**

You can be interested in someone and show it without overdoing it.

### **Good ways to show interest:**

- Remembering things he told you and following up on them
- Responding warmly when he reaches out
- Planning thoughtful dates or gestures occasionally
- Being supportive when he's going through something
- Making it clear you enjoy his company

### **Ways you're probably overdoing it:**

- Texting him constantly throughout the day
- Always being the one to initiate everything
- Dropping all your plans if he suddenly becomes available
- Overanalyzing every interaction and constantly seeking reassurance
- Making him the center of your universe

The difference between the two? One is reciprocal and balanced. The other is one-sided and intense.

### **The 70/30 rule of effort**

Here's a good rule of thumb: in a healthy relationship, effort should be about 70/30 at any given moment, but it should shift back and forth.

Sometimes you're putting in 70%, and he's at 30%, maybe he's going through a stressful time, and you're being supportive. But then it flips, and he's at 70% while you're at 30%.

The problem starts when it's consistently 90/10 or 100/0. And you're always the one putting in all the effort, while he's just coasting.

When you do this, you're not just putting yourself in a difficult position, you are creating a new shift in your mindset; one that makes you get comfortable with the bare minimum, or worse, you begin to appreciate the bare minimum as a big deal.

### **How to apply this:**

**Track the effort over time, not just in one interaction.** Maybe he didn't plan this weekend, but he planned the last three. That's balanced.

**Notice who initiates what.** If you're always the one calling, texting, suggesting plans, that's not balanced.

**Pay attention to emotional labor.** Who's doing the work of maintaining the relationship? Who's addressing problems? Who's thinking about the future?

**Be honest about the pattern.** One week of him being distant isn't necessarily a problem. But six months of you doing all the work? That's a pattern.

If you find yourself consistently at 80% or higher, it's time to pull back and see if he'll meet you in the middle.

### **When to lean in, when to lean back**

This is situational and requires reading the room.

#### **Lean in when:**

- He's going through something difficult and needs support
- He's showing consistent effort and meeting you halfway
- There's a legitimate reason for temporary distance (work travel, family emergency, etc.)
- The relationship is healthy, and you both want to deepen it
- He's expressed a need, and you're capable of meeting it

#### **Lean back when:**

- You've been doing all the pursuing, and he's coasting
- He's giving mixed signals or keeping you uncertain
- He's taking you for granted
- You're feeling anxious or desperate about the relationship
- Your needs aren't being met, and he's not trying to meet them
- You're losing yourself in the relationship

**The key question to ask yourself:** Am I leaning in because this relationship is reciprocal and worth investing in, or am I leaning in because I'm afraid if I don't, he'll lose interest?

If it's the second one, lean back.

### **Reading his response and adjusting accordingly**

Here's the beautiful thing about pulling back: it gives you information.

When you stop chasing, stop being overly available, stop doing all the work, watch what he does.

**Does he step up?** Then the relationship has potential. He was getting comfortable, but when he felt you pulling back, he realized he needed to put in effort.

**Does he match your energy?** If you're at 30%, he goes to 70%? That's reciprocity. That's healthy.

**Does he get defensive or accuse you of playing games?** That's someone who wants the benefits of your effort without having to reciprocate. Red flag.

**Does he not even notice?** That tells you exactly how little space you occupy in his life.

Whatever his response is, it's information. Use it to decide whether you want to keep investing or redirect your energy elsewhere.

# MODULE 5: Real Scenarios & Quick Solutions

Alright, theory is great. Understanding psychology is helpful. But at the end of the day, you need to know what to actually *do* when you're in the middle of a situation.

This module is your practical guide. These are the scenarios that come up over and over again in Nigerian dating, and here's exactly how to handle them without losing your dignity or your mind.

## SCENARIO 1: He Disappeared for a Week

You were talking regularly. Things seemed fine. Then suddenly, radio silence. A whole week goes by, and you haven't heard from him.

No explanation. No heads up. Just... gone.

### What probably happened

Before you spiral into "he met someone else" or "I did something wrong," consider these more likely explanations:

**He's genuinely dealing with something.** Family emergency. Work crisis. Health issue. Money problems. And instead of communicating that, he just withdrew.

**He got overwhelmed.** Things were moving too fast emotionally, and he needed space to process. Classic guy move; instead of saying "I need a minute," they just disappear.

**He's testing the waters with someone else.** I'm not going to sugarcoat it, sometimes men do this. They go quiet with you while they explore another option.

**He's waiting to see if you'll chase.** Some men pull back to see how you react. Will you panic and blow up his phone? Or will you have self-respect and give him space?

**He lost interest but doesn't know how to say it.** So he's doing the slow fade, hoping you'll get the hint.

## **Day 1-3: Do absolutely nothing**

I know every bone in your body is screaming at you to reach out. To text "Hey, you good?" or "Haven't heard from you, hope everything's okay."

Don't.

For the first three days, you do nothing. You live your life. You see your friends. You go to work. You post on your status if you normally would. You exist fully and completely without reaching out to him.

Why?

Because if something genuinely happened, three days won't make a difference in the grand scheme. But if he's testing you or just being lazy, those three days of silence from you will get his attention.

Also, and this is important, you need to see if HE'LL reach out. If he doesn't contact you for three full days without explanation, that tells you something about how much priority you are.

## **Day 4-7: The strategic check-in (if you choose)**

If you hit day four or five and still nothing, you can send one message. ONE.

### **Don't send:**

- "Why are you ignoring me?"
- "I guess you're too busy for me now."
- "Did I do something wrong?"
- Multiple messages in a row

### **Send something like:**

- "Hey, hope everything's okay on your end."
- "Was thinking about you. Hope all is well."
- "Saw [something that reminded you of him]. Let me know when you're free to catch up."

Keep it light. Keep it short. No pressure. No accusation. Just opening the door if he wants to walk through it.

Then... and this is critical, **you let it go**. You don't follow up. You don't send another message the next day. You sent one check-in, and now the ball is in his court.

## **If he responds vs. if he doesn't**

### **If he responds with a genuine reason:**

"Sorry, my mom was in the hospital and I just needed to focus on family."

"I was dealing with some work stuff that had me stressed and I shut down."

Your response should be understanding but firm about communication:

"I'm sorry you were going through that. For future, just a quick heads up that you need space would help me not worry. Glad you're okay though."

You're being supportive, but you're also setting a boundary: disappearing without explanation isn't okay.

### **If he responds with a weak excuse:**

"Oh sorry, I've just been busy."

"My phone was acting up."

"I lost track of time."

These are not real explanations. You were on his mind so little that he didn't even notice that a week went by without talking to you.

Your response should be brief and noncommittal:

"No worries. Just wanted to check in."

And then you pull back significantly. Because he just showed you where you rank.

### **If he doesn't respond at all:**

Then you have your answer. He saw your message and chose not to respond. Or worse, he didn't even care enough to check his messages.

Either way, this is someone who doesn't value communication with you. Don't send another message. Don't chase. Just... let it be.

## **Protecting your dignity throughout**

Here's what maintaining dignity looks like in this scenario:

**You don't beg for an explanation.** You're not owed one, and begging for it makes you look desperate.

**You don't make up excuses for him.** Don't do his work for him. If he had a good reason, he can say so.

**You don't immediately take him back as if nothing happened.** Even if his excuse is valid, there should be a conversation about communication.

**You don't punish him or play games.** But you also don't act like his disappearance didn't affect you.

**You decide based on patterns, not one incident.** Is this the first time or the fifth time he's done this?

Look, people go through things. Sometimes genuine emergencies happen. But a man who truly values you will find a way to send at least one message, even if it's just "I'm dealing with something, I'll explain later."

If he can post on Instagram but can't send you a two-second text for a whole week? You know where you stand.

## **SCENARIO 2: Active Online, Ignores Your Messages**

This is the one that drives women crazy. You send him a message. You can see he's online. You can see he's posting on his status. You can see he viewed your story.

But your message? Still sitting there. Unanswered. For hours. Sometimes days.

### **What this behavior actually means**

Let me be very direct: when someone is online but ignoring your specific message, it's intentional.

It's not that he didn't see it. It's not that he forgot. It's that he's choosing not to respond right now.

### **Possible reasons:**

**He doesn't know what to say yet.** Your message requires thought or addresses something he's not ready to deal with, so he's putting off responding.

**He's not prioritizing you.** He has time for social media, but not time to engage with you specifically.

**He's keeping his options open.** Responding might lead to making plans or defining something, and he wants to stay noncommittal.

**He's talking to someone else.** And right now, that person has his attention more than you do.

**He's losing interest.** And the slow fade has begun.

### **What this tells you about where you stand**

If this happens occasionally, like once, it might not mean much. Maybe he genuinely was in a weird headspace.

But is this a pattern?

If you're regularly watching him be active online while your messages go unanswered?

You're not a priority. Period.

A man who's genuinely interested in you doesn't do this consistently. He might not respond immediately every time, but he doesn't leave you hanging for 24-48 hours while being visibly active online.

### **Your power move**

Here's what you do: **nothing.**

Don't send another message. Don't send "???" or "Did you see my message?" Don't comment on his status. Don't like his posts.

Just pull back completely and observe.

One of two things will happen:

#### **1. He'll notice and reach out.**

"Sorry, I've been busy."

And then you can decide if that excuse is acceptable or if it's part of a pattern.

## **2. He won't notice or won't care.**

And that's your answer about how much space you occupy in his life.

### **The one text (if you choose to send it)**

If you absolutely must address it and I'd only recommend this if you're actually dating, not just talking.

here's what:

#### **Don't send:**

- "I can see you're online."
- "So you have time for Instagram but not me?"
- "Why are you ignoring me?"

**Send:** "Hey, I noticed we've been having trouble connecting lately. Let me know if you want to actually talk, otherwise I'll assume you're not that interested and I'll move on."

Direct. No accusation. No emotion. Just clarity.

And then you mean it. If he doesn't respond or gives you a half-hearted response, you actually move on.

### **When to just accept what his silence is telling you**

If he's consistently active online but consistently ignoring you, stop fighting for his attention.

He's showing you through his actions that you're not important enough to respond to. Believe him.

I know a woman who spent three months in this cycle with a guy. He'd post on his story, be active in WhatsApp groups, but her messages would sit there for days.

She kept making excuses: "He's busy." "He's not good at texting." "He responds eventually."

Finally, one of her friends asked her: "If he's online enough to post funny videos but not online enough to respond to you, what does that tell you?"

And she realized: it told her everything. He just wasn't that interested.

She stopped texting him. And you know what? He never reached out. Not once. Because he was never invested to begin with.

Don't be that woman who wastes months on someone who's showing you in real-time that you're not a priority.

## **SCENARIO 3: Keeping You as an Option**

This is one of the most frustrating situations: he's not fully in, but he's not fully out either. He's keeping you around while he figures out his options.

### **Signs you're an option, not a priority**

**He only reaches out when it's convenient for him.** Late nights. When he's bored. When his other plans fell through.

**There's no progression.** You've been "talking" for months, but the relationship isn't moving forward.

**He avoids defining the relationship.** "Let's just see where things go" is his favorite phrase.

**You haven't been integrated into his life.** No meeting friends, family, or being included in his real world.

**His effort is inconsistent.** Some weeks, he's all in; other weeks, he's distant.

**He keeps his options visible.** Still active on dating apps. Still entertaining other women publicly.

**You feel like you're competing for his attention.** Because you are.

### **The breadcrumbing pattern**

Breadcrumbing is when someone gives you just enough attention to keep you interested, but never enough to actually build a relationship.

A text here. A call there. A date every few weeks. Just enough to make you think, "See, he IS interested."

But then weeks go by with nothing. And when you start to lose hope, boom! he's back with just enough effort to reel you back in.

It's a cycle. And it's designed (consciously or not) to keep you on the hook without him having to actually commit.

I watched my cousin deal with this for almost a year. This guy would go two weeks without real communication, then suddenly call her, take her out, be sweet and attentive. Just when she was about to walk away, he'd give her just enough to make her stay.

She kept thinking, "This time it's different. He's finally going to commit."

He never did. Because he didn't want to. He wanted the option of her without the commitment to her.

### **How to address it directly**

If you're tired of being an option, you need to have a direct conversation. Not in hopes of changing his mind, but to get clarity so YOU can make an informed decision.

#### **The conversation:**

*"Hey, I need to be honest about something. I feel like I'm an option for you, not a priority. We've been doing this for [timeframe] and I still don't know where we stand. I'm at a point where I need to know if you're actually working toward something serious with me or if you're just keeping me around until something better comes along."*

**Then stop talking and let him respond.**

### **Why walking away is your only leverage**

Here's the hard truth: you cannot convince someone to choose you. You cannot logic them into commitment. You cannot prove your worth enough to make them want you more.

The only leverage you have is your willingness to walk away.

And I don't mean threatening to walk away. I mean, actually being prepared to leave if he can't give you what you need.

Because here's what happens when you stay while being treated as an option:

**He learns he doesn't have to step up.** You'll accept breadcrumbs, so why would he give you the whole meal?

**You lose self-respect.** Every day you accept less than you deserve, you erode your own sense of worth.

**Time passes.** And while you're waiting for him to choose you, you're missing opportunities with people who would actually prioritize you.

### **What to watch for if he "chooses" you**

Sometimes, when you threaten to walk away, suddenly he steps up. "No, wait, I do want this. Let me show you."

And you're so relieved that you immediately go back to normal.

But watch carefully. Because sometimes men will say whatever it takes to keep you from leaving, without actually changing their behavior.

### **Green flags that he's serious about change:**

- His actions match his words immediately
- He introduces you to important people in his life
- He makes the relationship public/official
- He's consistent in his effort
- He initiates conversations about the future
- He's transparent about where he is and what he's doing

### **Red flags that he's just buying time:**

- Things are good for a week or two, then back to the same pattern
- He gets defensive when you bring up expectations
- He's still vague about the future
- His effort drops as soon as you seem "secure" again
- He still hasn't integrated you into his real life

Don't accept words without changed behavior. And don't stick around for more than one false start.

If he claims he's choosing you but his actions don't match, you walk. For real this time.

## **SCENARIO 4: After a Fight - How to Reconnect**

Every couple fights. That's normal. What separates healthy relationships from toxic ones is how you handle the aftermath.

### **The 24-hour cooling period**

Here's what most people get wrong: they want to resolve the fight immediately. Right now. Even if both people are still heated.

That rarely works. Because when emotions are high, nobody's actually listening, they're just waiting for their turn to talk.

**Give it 24 hours.** Let the intensity die down. Let both of you process what actually happened versus what felt like happened in the moment.

I'm not saying give each other the silent treatment for days. I'm saying: take a breath. Sleep on it. Get some perspective.

### **Who should reach out first (and why it doesn't actually matter)**

There's this thing where people get caught up in: "But I wasn't wrong, why should I be the first to reach out?"

Because you want to resolve this, not win.

Whoever is ready to have a calm conversation first should reach out. It's not about who was right or wrong. It's about who values the relationship enough to initiate repair.

But here's what you don't do: reach out just to continue the argument or prove your point. If you're not ready to actually listen and work toward a resolution, don't reach out yet.

### **The reconnection message that works**

After the cooling period, here's a good template:

"Hey, I know we both needed some space. I've had time to think, and I'd like to talk when you're ready. Not to fight, but to actually understand each other."

Short. Calm. No blame. An invitation, not a demand.

If he's mature, he'll respond positively. If he's petty, he'll either ignore it or respond with attitude, which tells you something about his conflict resolution skills.

## **Addressing the issue vs. sweeping it under the rug**

When you do talk, you have two options:

### **Option 1: Actually address what happened.**

This is the healthy choice. You both share your perspectives. You listen to understand, not just to respond. You identify what triggered the fight and how to prevent it next time.

"I felt hurt when you said X because it made me feel like Y."

"I understand. I didn't realize that's how it came across. From my side, I was frustrated about Z."

"Okay, so going forward, how do we handle this better?"

### **Option 2: Sweep it under the rug.**

"Let's just forget about it."

"It's fine, I'm over it."

This feels easier in the moment. No hard conversation. No vulnerability. Just move on.

But here's the problem: unresolved issues don't disappear. They pile up. And eventually, they explode in a much bigger way.

## **Rebuilding after conflict**

After you've talked it through, there's usually some awkwardness. The fight is over, but the comfort hasn't fully returned yet.

### **How to rebuild:**

**Give it a minute.** Don't force things back to normal immediately. It takes time.

**Show grace.** Don't keep bringing up what happened in other arguments. If you've resolved it, let it be resolved.

**Follow through on whatever you agreed to.** If you said you'd work on something, actually work on it.

**Don't punish each other.** Some people stay cold even after the apology. Don't do that. If you've forgiven him, actually forgive him.

**Reconnect physically (if appropriate).** Sometimes a hug, holding hands, or just sitting close helps bridge the emotional gap.

Healthy couples fight. But they also repair. They don't let conflict destroy the foundation.

## **SCENARIO 5: "I Need Space" - Your Response**

These three words can send any woman into panic mode: "I need space."

Because what does that even mean? Space for how long? Space from what? Space because he's done, or space because he needs to think?

### **What "I need space" usually means**

Let's decode this:

**Sometimes it means:** "I'm overwhelmed emotionally and I need time to process my feelings without pressure."

This is valid. Some people need to retreat and think before they can engage.

**Sometimes it means:** "Things are moving too fast and I need to slow down."

Also valid, though it would be better if he said this directly.

**Sometimes it means:** "I'm not sure about this relationship and I'm using 'space' as a softer way to pull away."

Less valid, but at least he's communicating some version of doubt.

**Sometimes it means:** "I want to see what else is out there without officially breaking up with you."

Not valid at all. This is keeping you on the bench while he explores.

**Sometimes it means:** "I'm going through something personal and I don't have the capacity for a relationship right now."

Valid, but again, better if he explains this clearly.

The frustrating part? You usually can't tell which one it is just from the phrase "I need space."

## **The only response that maintains your dignity**

Here's what you don't say:

- "How much space? For how long?"
- "Did I do something wrong?"
- "But I need you."
- "We can work through this together."
- "Please don't leave me."

All of that is panic. All of that is chasing. All of that pushes him further away.

## **Here's what you say:**

"Okay. I respect that you need space. Take the time you need."

And then, this is the hard part, **you actually give him space.**

No texting to "check in." No calling to "see how he's doing." No liking all his posts to remind him you exist.

You give him the space he asked for.

## **How much space to give**

Here's where you set your own boundary.

You can give him space, but you don't have to wait forever in limbo. A reasonable timeframe for "space" is about 1-2 weeks.

If he needs more than that, he should communicate it. But you're not required to put your life on hold indefinitely while he "figures things out."

After 2 weeks of actual space, if you haven't heard from him, you can send one message:

"Hey, it's been a couple weeks. I've given you the space you asked for. I need to know where we stand."

Direct. Clear. No games.

## **Signs he's using you vs. genuinely processing**

### **Genuine processing looks like:**

- He's respectful when asking for space
- He gives you some timeframe or context (even vague)
- He's not active on dating apps or openly pursuing other women
- He does reach back out within a reasonable time
- When he comes back, he's ready to communicate

### **Using you looks like:**

- "I need space" comes out of nowhere with no explanation
- He's still active on social media, but just not talking to you
- Weeks go by with no communication
- When he does come back, nothing has changed
- This is a pattern; he does this every time things get serious

## **Your deadline for clarity**

You cannot wait forever. At some point, "I need space" becomes "I'm stringing you along."

Set a private deadline for yourself. Maybe it's two weeks. Maybe it's a month. But know your limit.

And when that deadline passes without clarity from him, you decide for both of you: it's over.

Because a man who truly wants to be with you won't leave you in limbo for months. He'll figure out his feelings and come back with a clear answer.

## **SCENARIO 6: He's Seeing Someone Else**

This is the gut-punch scenario. You suspect or you know for sure that he's entertaining someone else while you're still together (or while you thought you were together).

### **How to confirm your suspicions**

Before you confront, make sure you're not jumping to conclusions based on anxiety.

### **Real signs:**

- You've seen evidence (messages, photos, someone told you directly)
- His behavior has drastically changed
- He's suddenly protective of his phone
- He's unavailable at weird times with flimsy excuses
- Someone else is publicly claiming him or acting coupled up with him

### **Anxiety-based suspicions:**

- He liked another woman's photo
- He has female friends
- He didn't respond for a few hours
- Your gut says something's off, but there's no actual evidence

If it's the second category, don't accuse. Talk about your feelings: "I've been feeling insecure about where we stand. Can we talk about it?"

But if it's the first category, I mean if you have actual evidence, then yes, it needs to be addressed.

### **The confrontation approach**

Don't go in guns blazing. Don't scream. Don't create a scene.

Call him. Or if you must do it in person, do it somewhere private.

### **The conversation:**

"I need to ask you something directly, and I need you to be honest with me. Are you seeing someone else?"

Then stop talking. Let him answer.

### **If he denies it, but you have proof:**

"That's interesting, because [present your evidence]."

Don't let him gaslight you. Don't let him make you feel crazy for having legitimate concerns.

### **If he admits it:**

"Okay. I appreciate you being honest. I need some time to process this."

And then you leave. Don't stay and argue. Don't try to compete with the other person. Don't demand he choose right there.

You leave, and you decide what YOU want to do with this information.

### **Understanding your worth in this moment**

Here's what you need to remember: if he's seeing someone else, it's not because you're not good enough. It's because he's not committed enough.

Don't compete. Don't try to prove you're better than her. Don't change yourself to win him back.

A man who truly values you doesn't hedge his bets. He doesn't keep options. He chooses you clearly and commits.

If he can't do that, he's showing you who he is. Believe him.

### **Why you can't compete your way to commitment**

I've seen women try this. They find out he's talking to someone else, and they double down. More attention. More availability. More effort.

They think: *If I just show him how good I am, he'll choose me.*

But that's not how it works.

You cannot compete for someone's commitment. Either they want to be with you, or they don't.

Trying to outdo another woman just makes you look desperate. And it sets up a horrible dynamic where he learns he can mistreat you and you'll just try harder.

### **The exit strategy**

If he's seeing someone else and you've decided you're done, here's how you leave with dignity:

**Don't make a big, dramatic exit.** No long speeches. No social media posts. No trying to make him feel guilty.

**Just go.**

"After thinking about it, I've decided this isn't what I want. I wish you well."

Then block if necessary. Delete his number if you need to. Remove him from social media if that helps you move on.

And then you actually move on. No checking up on him. No stalking his pages. No asking mutual friends about him.

You close that chapter, and you start writing a new one.

**The most important thing:** Don't take him back just because he comes crawling back after things don't work out with her.

You're not a backup plan. You're not the second choice. You're not the safe option he returns to when his first choice doesn't work out.

If he chose to entertain someone else while he had you, let him have her. You deserve someone who chooses you first.

## **SCENARIO 7: You Want Commitment, He Wants "To See Where Things Go"**

You've been dating for months. Maybe six months. Maybe a year. And you're ready for this to be official, to move forward.

But every time you bring it up, he says, "Let's just see where things go."

### **Decoding the stall**

"Let's see where things go" is code for: "I'm comfortable with how things are and I don't want to commit yet."

It's not always malicious. Sometimes it means:

- He's genuinely uncertain and needs more time
- He's not ready for the seriousness that comes with commitment
- He has reservations he hasn't voiced
- He's comfortable and sees no reason to change the dynamic

But sometimes it means:

- He's keeping his options open
- He doesn't see a future with you, but likes what he's getting now

- He's hoping you'll stay in this limbo indefinitely

The problem? You can't tell which one it is just from the phrase.

## **Setting your timeline**

Here's where you need to be honest with yourself: how long are you willing to wait?

Because "see where things go" cannot be indefinite.

After a reasonable amount of time, and what's reasonable depends on your ages, circumstances, and how long you've been together, you deserve clarity.

## **The conversation:**

*"I care about you, and I've enjoyed the time we've spent together. But I need to know if we're working toward something serious. I'm not trying to pressure you, but I also can't stay in 'let's see where this goes' forever. So I need to know: where do you see this heading?"*

**Then you listen.**

## **Making the hard decision**

His response will tell you what you need to know.

**If he says,** "I do see a future with you, I'm just working through [specific concern]."

That's different from vague stalling. If he's specific about what he needs to work through and there's an actual timeline, that might be worth waiting for.

**If he says:** "I don't know" or "I'm just not ready to think about that yet."

After months of dating? That's a no. He might not be saying no directly, but he's not saying yes. And after a certain point, "I don't know" is just a softer rejection.

**If he says,** "Why do we need to label it? Things are good as they are."

Translation: He's comfortable with the current situation and doesn't want the accountability that comes with commitment.

## **When patience is wisdom vs. self-betrayal**

There's a difference between being patient with someone who's genuinely working toward commitment and being a doormat for someone who's stalling indefinitely.

**Patience looks like:**

- He's communicated specific concerns or obstacles
- He's actively working to address them
- He's consistent in his effort and affection
- There's visible progress, even if slow
- He reassures you of his intentions

**Self-betrayal looks like:**

- Months pass with no progress
- The conversation keeps getting pushed off
- You're accepting excuses that don't make sense
- You're constantly anxious about where you stand
- You're sacrificing what you want to keep him comfortable

If it's the second one, you're not being patient. You're being used.

**Actually walking away (not just threatening to)**

If he can't or won't commit after you've had this conversation, you have to decide if you're okay with that.

And if you're not—if you want more than he's willing to give—you have to actually leave.

Not threaten to leave, hoping he'll panic and change his mind. Not give him ultimatums. Not stay while secretly resenting him.

You have to actually go.

"I've thought about it, and I need more than what you're able to give right now. I care about you, but I can't keep waiting. I hope you understand."

And then you follow through.

Block him if you need to. Unfollow him on social media. Stop going to places you know he'll be. Whatever you need to do to actually move on.

Because staying in a situation where your needs aren't being met, just because you're hoping he'll change, is not love. It's self-abandonment.

You deserve someone excited to commit to you. Who doesn't need months of convincing to actually step up and do right by you. Who sees your value and acts accordingly.

And the only way to find that person is to stop wasting time on someone who doesn't.

# CONCLUSION

So here's what I hope you take away from all of this:

**You cannot make someone choose you.** No amount of perfect behavior, understanding, patience, or effort will convince a man who's not ready or not interested. And that's not a reflection of your worth, it's just reality.

**Confusion is not cute.** If you're constantly wondering where you stand, you have your answer. Men who want you make it clear. Everything else is just noise.

**Your standards are not negotiable.** You don't lower your standards to make someone comfortable. You don't ignore red flags because you want it to work. You don't accept less than you deserve because you're afraid of being alone.

**Walking away is not failure.** Sometimes the strongest thing you can do is leave a situation that's not serving you. You're not giving up, you're choosing yourself.

**You deserve someone who's sure about you.** Not someone who's "seeing where things go" for a year. Not someone who treats you like an option. Someone who sees your value and acts accordingly.

This guide gave you the tools for understanding how men think, communication strategies that work, ways to create healthy dynamics, and solutions to common scenarios. But tools are only useful if you actually use them.

So use them. Set boundaries. Have the hard conversations. Walk away when you need to. Choose yourself when no one else will.

And remember: the goal isn't to get any man to commit. The goal is to find someone worthy of your commitment. Someone who meets you halfway. Someone who makes your life better, not more complicated.

You're not here to convince anyone of your value. You're here to find someone who already sees it.

Now go be the woman you'd want your daughter to be: strong, clear-headed, and unwilling to settle for less than she deserves.

You've got this.