

## **Women's Concern for Their Men's Emotions**

When women have something they want to talk about with their partner, whether it is a significant or small issue about their relationship, the first thing a woman will think about is him: how he will react, what he will do, how this might hurt him, whether or not he will even listen, or if he will react at all.



There are many things that women pick up from their partner's communication style, which melds into the couple's communication style that is fostered from the beginning between two people. Once a pattern of communication is solidified, the worry about the past repeating or not knowing how he will react is at the forefront of a woman's mind. Even if she has discovered a more effective way of communicating, and wishes to share genuinely and openly with her partner, her greatest enemy is her fear of her partner's emotions (or insecurities).



Successful communication experiences for women are not about their message or about getting the resolution they want, success seems to lie solely in the reaction and level of acceptance from their partner. The fear or wall that initially prevents them from communicating effectively with their partner is made up of their concern for their partner, and the more they focus on their fear, the more they ruminate in all of the things that their partner does that contributes to ineffective and hurtful communication. This leads to anger.



Anger is a completely different emotion that gets communicated in a different way than the communication I am talking about. The messages women are trying to convey in the situations I described above are real and intimate. It's about staying in that place of truth, and focusing on what's really going on with them and what they need.

Even if that means literally saying to your partner, “I don’t know how to communicate this to you,” “(This) is my fear and I would like your help in figuring out how to communicate my emotions without hurting you and closing off communication.”

