

# Special Report!



## **10 Secrets About Men Every Woman Must Know**

**With Michelle Marchant Johnson & Special Guest, Wendy Newman**

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# Introduction.

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This report is an extraction from a special live presentation from The Man Panel 1.

This presentation was hosted by Michelle Marchant Johnson with special guest, Wendy Newman.

10 Secrets Every Woman Should Know About Men are based on interviews and research about men.



The 10 secrets are generalizations, as every man is an individual, but these findings are based on the interviews and research conducted by Michelle and Wendy in their work interviewing and working with many men over the years.

Note: Because this text is taken from a recording where both Michelle and Wendy shared their ideas, the “voice” in this report is a combined voice and alternates back and forth within the text.

You can hear the entire conversation if you listen to the companion recording.



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It's our hope that these ideas and concepts will help you enjoy better communication and deeper connection with the men in your lives.



We are not suggesting that a woman is entirely responsible for a relationship and its success. We also believe that many men would benefit greatly by learning more about women and how to relate to them more effectively. That having been said, this material is created for women to help them more deeply understand men. It is our hope that this information will enhance your experiences and interactions in all of your relationships with men both personally and professionally.

This is general advice and is not intended to address your specific situation. Please seek specific advice from a professional coach or counselor about your personal relationship challenges or questions.

**Enjoy!**

# 1. Men Have Deep Feelings & Emotions.

Men really do have deep feelings and emotions. This may sound obvious, but often, we see men as rough, tough, unfeeling, or unemotional beings. While they may not express their emotions and feelings in the same way that we as women do that does not change how deeply they can be hurt and how deeply they feel.



There's a lot of social conditioning that makes it less safe for a man to express emotion, so they often feel they have to protect themselves. They're usually not in an environment where they feel like they can fully express the emotional side of themselves, except in rare circumstances.

I want to quote something that Evan Marc Katz said in his interview.

He said, “Women need to have some sympathy and empathy for men, and men for women.” He continued, “Men are not the other. Men are just like you—single, struggling, confused, damaged, ready to give up, wanting to try again—except for one thing. They don’t have any support.” They don’t typically have a coach. For the most part, they don’t even really have friends. They have their job, and if they don’t have a life or a woman, what do they have?”



He said, “Most men are really, really lonely. Nobody talks about this. Men don’t talk about this. It doesn’t sound good for them to go around saying, ‘I’m lonely.’” He continued, “Many of them are banging their head against the wall, knowing somewhere inside that they are a really good guy.” So, he said, “Have a measure of sympathy for them because many guys face more rejection than women will ever face.”

This really touched me. Consider that many women are more like the Steel Magnolia, soft and tender on the outside and tough and resilient inside. It might be worth considering that it might be the opposite for many men so please treat them a little kinder.

## 2. Men Long To Be Accepted, Appreciated, And Admired.

Women are often unaware of the great power they have to bring out the best or the worst in a man. You, as a woman, can bring out the worst by criticizing, belittling, complaining or disrespecting him. A man wants to feel competent and needed.



You also have the power to bring out the best in a man as well. The way to motivate your man, or any man, is to not complain, criticize, or cuss him out for all the ways he's disappointing you, what he's not doing, or what he's doing wrong, but to look for ways to help him succeed and to see the best in him.

Set him up for success and let him feel like he is winning with you whenever possible. I like the following basketball analogy. Think of yourself as playing the guard position and feeding the ball to your man who is playing the forward position. You are feeding him the ball and setting him up

for the dunk shot or the jump shot. He might get the glory for making the shot, but you will get his love and appreciation for setting him up to look good and a chance to win points.

This creates a win-win scenario because he will be even more motivated to please you and he will want to do more for you.

He gets to feel accepted, appreciated and admired and you get to feel loved, cherished and adored.

Evan Marc Katz talked about his wife when he said, “She’s the only person in my 47 years I’ve ever met who accepts me exactly as I am.” He says, “Most men don’t even know how to tell you that this is what he’s looking for.” In talking about his wife, he said, “I don’t care about a woman being younger, smarter, cuter, whatever.” He said, “This woman accepts me. I feel accepted, appreciated, admired by her, and she’s the first person I’ve ever felt that way for.” And he said, “Now, this might make some women mad because if you’re feeling like you’re already doing that with the man you’re dating or a man you’re in a relationship with, and it doesn’t seem to be working,” Evan Marc Katz said, “the key to changing his behavior and is not to treat him poorly back, the key is to say, ‘Well, this is the wrong guy, and move on!’”

Evan Marc Katz also emphasized that two wrongs don’t make a right and that we always want to be up-leveling our behavior. Ideally, you should want to be in a relationship where you can offer acceptance, appreciation, and admiration to a man, and to know you’re going to get back the gifts that he has to bring, the best that he has to offer. A good man wants to be the provider, protector, and to give the woman in his life the feeling of being loved, cherished, and adored. My own husband says he has put me on the “safe and snuggly” plan. It’s a great plan to be on. You want to be in a relationship where you can be a giver and he can be a giver too. At the same time, it’s also important to recognize that we’re all imperfect people so that doesn’t mean either of you get to expect perfection.

John Gray also talked about how important and motivating it is to give a man positive feedback, and he talked about these three magic phrases.

I’ll share them with you here now.

He said these phrases are really simple, but they’ll make a man feel really good and are powerful motivators.

The first phrase was simply “that’s a good idea”.

Listen to him, hear what he has to say, and let him enjoy being heard and give him credit for having a good idea. Be sure to let him know you heard what he said and that you think what he said is a good idea. Acknowledge him for his contribution and for his wisdom or knowledge.

The second phrase is “That makes sense”.

The third phrase is “Wow! You’re right!”

These are ways of affirming a man and letting him feel like he is competent.

This next idea is not something that John Gray mentioned—but this is something that works really well too. If a man does something and it doesn’t go well or he makes a mistake, whenever possible, let him off the hook.

For example, let’s say he asks you out on a date and things don’t go smoothly. Maybe he forgot to make a reservation or they can’t find your reservation at the restaurant, or whatever, just use this simple phrase.

“It’s not your fault.” He will heave a sigh of relief!

It can take away so much stress from a man when you just say this

Give him the benefit of the doubt and let him off the hook when something small goes wrong. Give him a break, because he’s trying and he is likely already feeling the sting of feeling like he has failed. That phrase can transform a man’s capability to continue to try to please you even when he knows he fell short.

Just give him a little break and say, “It’s not your fault.”

I’m not talking about critical life issues here. I’m talking about the small things that really don’t matter in long run. Let things go when you can.

## 3. Men Need To Be Needed.

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As women, we often hear this idea that men need to be needed. When some women hear this there is some resistance around this because when we hear “needed”, we think “I don’t want to be needy”. Of course, a man doesn’t want you to be needy any more than you want a man who is needy. He doesn’t want you to be a whiner. He doesn’t want you to be helpless. We’re not talking about damsel-in-distress here.



However, a masculine man (a man who wants to be in a relationship with a woman in a romantic way) does typically want to feel like he is needed. In other words, he needs to feel that he has something significant to contribute to you as the woman in his life.

Several of the men on The Man Panel talked about this in a variety of different ways. When a woman is so self-sufficient and sends a message, or even speaks the message, that she doesn’t need the man, he’ll get the message. He’ll receive it, and he’ll likely leave because he just basically

assesses the situation and says, “Well, there’s really no job opening for me here. There’s really not a place for me.” He may be very impressed, but he may not stick around because he won’t really feel like he has a purpose there and he’ll sense what he has to offer is not going to be needed or appreciated.

This is something we as women have to be aware of because we can send these messages that indicate we’ve got everything handled and don’t need a man without meaning to. We’ve learned to be so independent and self-sufficient and sometimes are not even aware of the vibe we are giving off.

I love the lyrics from this old Howard Jones called “Someone You Need” because I think these words express a man’s desire to be needed in a beautiful way. Here are some of the lyrics:

How you've been lately?

I hear you're a little down.

So, you think maybe I could come around?

Because I could be someone you need,  
wrap you in blankets on dark winter nights,  
be your best confidante,  
pay the right compliment.

I could be someone you need.

That’s just some of the lyrics, but I think the sentiment is really sweet and these lyrics are written by a man. What woman doesn’t want that? Right?

“Wrap you in blankets on dark winter nights, be your best confidante, pay the right compliment.” A man wants to be needed in that way. This song is an expression for a man’s deep need and desire to be needed.

## 4. A Man Wants To Know A Woman's Wants, Needs And Standards.

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The right man wants to know your wants, needs and standards because this is how he learns how to please you. He wants to please you so he can feel useful, needed and appreciated. He wants to know your standards around when you might want to be involved with him in a physical or sexual way. A good man will respect you more if you are clear about your standards and are true to them. He also wants to know what your wants, needs, and preferences are. A man appreciates and is attracted to a woman who knows herself well enough to know who she is and how to request what she wants and needs from him. It's essential to express yourself in a way that sounds like a request and not a command or a demand, but a good man appreciates knowing how to please you.



***The key here is learning how to express your wants and need and standards in a way a man can hear you.***

The cool thing about this is that this means you don't have to morph yourself into being someone else or try to act in an inauthentic way to try to impress him or try to be who you think he wants you to be. This is really about you letting him know who you really are and what your real wants, feelings, needs, hopes, and dreams, desires are so that he can have that opportunity to step up into that space to please you if he feels so inclined.

The key here is knowing how to invite this kind of response from a man. Here are a couple of little magic phrases. They're very simple, but they can work really effectively when you make a request of men and you invite them to either to do something differently or to do something that you might really prefer. These are two magic phrases that work in a variety of circumstances. They are really simple. You can just say, "I'd be more comfortable if," for example, let's say he wants you to meet him in the parking lot of the restaurant, you can say, "I'd be more comfortable if we met inside." It's a simple thing. You're not making him wrong. You're just letting him know your preference. A variation is, "I'm not comfortable with meeting outside in the parking lot. I'd feel better about meeting inside."

This is just a simple example, but you can use this in a variety of different ways. You're not making him wrong, but you're letting him know your preferences, your needs, and you're setting a standard for how you want to be treated.

Good old Dr. Phil said, "We teach other people how to treat us."

In a lot of ways, we really do teach others how to treat us, so teach them well.

## 5. Men Fall In Love By Doing.

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Men fall in love differently than women do.

In one of my interviews with John Gray, he said, “Women should not get lost in trying to earn a man’s love. He should do things to win her over and she should allow him the opportunity to win her over.”

He continued, “When you give a man more, he tends to give less to you.”



This is especially true in the early stages of a relationship. It’s essential to let the man do much of the heavy-lifting in the early stages. You don’t have to feel guilty or obligated because at some point you want to be able to give fully and freely. You don’t want to give too much too fast too soon.

John also said, “Make sure you’re not giving more than a man is giving you. When a man gives to you, it makes him feel more bonded.”

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What this means to me is you get to lean back, and relax and let the man do his thing. You get to graciously receive. You get to enjoy, appreciate and acknowledge what he has to offer. This will encourage him to do more if he's interested in you and you reward him with thanks and appreciation.



He gets to feel rewarded if he succeeds in pleasing you and this allows him to feel his emotions. He gets out of his head. He can feel like he's winning, and he can feel like the gifts he brings to the table, what he has to offer, will be valued and appreciated. This increases his attraction to you and it sets you up for a win-win scenario because he feels good because he is pleasing you and you're getting more of what you really want.

It helps foster romantic feelings in him too, so he begins to see you as a potential wife or girlfriend instead of a plutonic friend, buddy or business partner.

## 6. Men Do Commit.

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They commit really deeply, and they commit differently than women.

If you were to ask most men, just about any man over 18, “Hey, if you’re single, would you ever want to be married?” his answer will most likely be, “Sure, if I meet the right woman,” or, “Sure, if I meet the right person,” or, “I hope I find the right person”. So, they’re looking at partnering from the “if I meet the right person”. You ask a woman who’s never been married, “Do you want to get married?” mostly, the answer is yes. There are some no’s, but most are yes. Yes, yes, yes, yes, yes, yes! And, if we’re of a particular age, “Yes, yesterday!”



We as women often want marriage for reasons like social acceptance or status, safety, connection and partnership, where a man is only going to do it if it’s an enhancement to his life. If not, it’s not as life-threatening to a man; it’s more out of a human spirit place than a biological human animal space.

The way men commit is very, very different than how a woman commits. If a woman is going to go on a date and she hopes that he's the one, she might even say to a girlfriend, "Oh, he sounds so great and his profile is amazing. I hope he's the one," before she ever meets him, where a man is going to be much more likely to say that she could become the one after he has already met her and spent some time with her.

Men don't usually say, "I hope she's the one," before they ever meet. That's more of a woman thing. They're very focused on what they need and who that whole person is, versus the title or the form of a relationship. We love the form. We love having a boyfriend, and moving him into fiancé, and then moving him up to husband. Right? We like the form of it. We want to lock that thing in and we want to be married.

One of the very unlovely parts of us as women is, and, again, we don't all do this and we don't mean to do this, but we evaluate each other in part around our relationship status.

"Hey, what does that ring mean on your finger? Are you getting the upgrade? Are you getting married?" Where men just don't have that relationship, so their relationship to commitment is to the whole person (as she is), and only if it makes sense, and only if it's going to elevate his life, and only if he's going to be able to get what he needs from her. He'll take a lot longer to commit because he's going to see her on a first date and think, "Oh, that's cute! She's so charming!" And that's the beginning of filling in the pieces to the puzzle "Are we a match? Is this a future?"

And he'll fill up that whole puzzle before he'll commit. He'll work out every detail and see... There's about twelve different things that a man will look at to see if she's the right person to marry, and he'll sort through all those things around how long it will take him before he'll commit, or even commit to boyfriend. Whereas, a woman, and not all women, but many of us, will commit to a man even if there are things that we need to change about him. We like him, we love him, he is hot, and he's funny, and we like him for our life, and there are at least three changes we're going to get right to work on. Yes, we plan to get right to work on "refining" him or "fixing" him in ways we think will make him better and understandably so, men resist this! They hate it and they can tell when we are doing it, even if we think they can't!

If you're at a family barbecue and uncle Larry is ribbing him in the ribs with his elbows going, "Can you believe her? Look at her over there! She's laughing so hard!" And he'll say, "Yes, of course! That's just Sally." He commits to the whole package.

He doesn't try to change any part of us the way we often do.

Now, I know I'm generalizing like crazy. All men are different; all women are different. But, as a whole, it's one of the reasons why it takes men longer to commit. Also, another reason it takes them longer because they understand there's a huge difference between "I'm dating you" and

“I’m now your boyfriend” and then, again, “I’m now your boyfriend” versus “I’m your husband”, because they are acutely aware that when they get upgraded to the new status, there’s a lot of responsibility and accountability that comes with that.

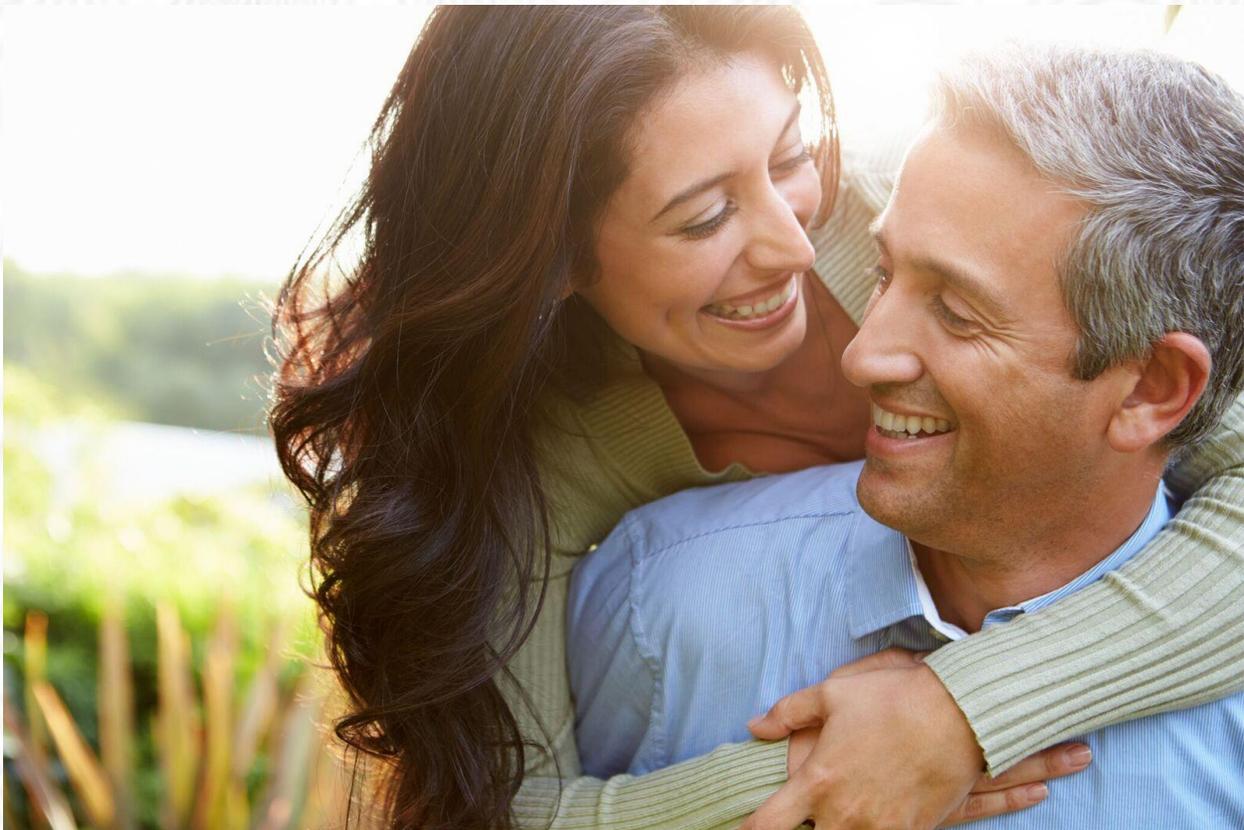


In his mind, you now own him. You own his time, you make a “honey do” list, you tell him how to dress. You might tell him who he can hang out with and who he can never hang out with again ever. You’re going to make him go to Utah at Christmas. You’re going to make him go to Utah at Christmas, even though he hates the snow and some of your crazy family members. You own him.

Part of the checking you out from a man’s point-of-view is him asking himself questions like “Is this the person that I’m going to let own me? And is she going to give me space in some of these areas or is she going to be the person who tries to change or control me?”

## 7. He Knows Immediately If He's Attracted To You.

This topic, men and their type, drives me nuts. One of the reasons I wanted to share this with you was because one of the things that we often try to do when we first meet a man is we try to attract him. It's almost like we are biologically programmed to use our wits, and our intellect, and our beauty, and we try to attract him. How do we try to get him? We attract him with flirting, playfulness, sexual energy, physical attraction, etc. Once we think we've attracted him or are dating him, we try to keep attracting him. It's like we feel like we've got to up our game, we've got to go shopping now because he's already seen our cute outfits, so now we've got to become even more attractive. We're ready to buy shiny hair products and become more attractive, maybe some perfume with pheromones to entice him, to be even more irresistible and attractive.



Now the really good news is men are either attracted or they're not, on sight. You're either in or you're out. It can be heartbreaking if you're out and you want to be in, but it's kind of good news, because if a man says to you, "I really like you. I think you're amazing, and I'm not attracted to



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you,” you should listen to him. You shouldn’t try to flip him. We, as women, have to luxury of, from time to time, of growing in attraction to men who we weren’t originally attracted to. They can grow on us. But, for most men, we don’t grow on them. It’s either a yes or a no, and they don’t have any say about it. It’s sometimes heartbreaking to men because there are women in men’s lives that they adore. Men may wish they could move beyond a sister or friend type of relationship with, but it’s just not there; it just doesn’t ever grow.

So, what a relief to know this!

If you are his type, you’re in. When you age, and things drop and relocate to different parts of your body, you’re still going to be his type. When you gain a little weight or when you lose a little weight, you’re still going to be his type.

So, you can relax around that. The reason I was confused by this is because we have these archetypes, you know, long blonde and lean, or petite curly brunette, you know, fit girl, or red-haired vixen girl. We have all these archetypes or stereotypes about what is a type, but they’re not that narrow; they’re not that shallow. Even if you’re married and your husband says, “Well, Cameron Diaz is my type,” and you don’t look anything like Cameron Diaz, don’t worry. You’re also his type. He would have never married you if you hadn’t been his type, and they have all kinds of types.

You can never guess. You can never think, “Well, his last girlfriend, or his ex-wife, was, so I’m not. Am I his type and his ex-wife wasn’t?” No! No! No! No! You’re either in or you’re out. If he asks you out on another date, you’re in. You’re in, so you don’t need to worry about it. You can stop running out and buying new outfits and just wear the ones that make you happy. You don’t need to buy that shiny hair product. You don’t need to work so hard to try to attract him at that point because he has already decided he is attracted to you.

I want to say one more thing about type. You can flip a man. You really can. And they way you flip him is you put out an exude a ton of sexual energy. If you put it out a ton of sexual energy, you can flip him and you could trigger that sexual creature in him and you could get him to go home with you. You could probably do it again and again. But, the work that it takes to put out that level of sexual energy when you’re not his type is exhausting.

If you’ve ever done it, I’ve done it, and if you’ve ever done it, you know the difference when you look back in your history. The men who made you feel beautiful, and liked, and smart, and funny, and attractive, that’s a very different feeling than “I had to have him, so I made it happen”. It’s not lovely. That feeling is not lovely, and it’s exhausting.

## 8. Men Are Often Afraid To Approach You.

Something I have learned about men has given me a lot more compassion for them. Men, at a very young age, right around puberty, start to experience strong sexual awareness. Before puberty, they made their own decision, and then, after puberty starts, they realize they are no longer the sole decision-maker in their life anymore.



They suddenly have “something” overriding them and influencing what they thought, did, acted, and said. As young boys, men had to learn very quickly how to not be the creepy one. All these hormones are rushing through him, he doesn’t know what’s happening to him, he has no access to having sex with a real-life woman for probably a good decade, so you want to have some compassion for that.

And he starts to learn very quickly. I don't want to be the creepy guy. Don't be the creepy guy! Don't say that! Don't look there! Don't look at her! Look down! We're very sensitive to being looked at in a particular way, like we're the tastiest snack he's ever seen. Creepy! Especially if he's not attractive.

So, at a very young age, young boys learn to not be the creepy guy. As they age and they start dating in their teens and twenties, they're acutely aware of not being the creepy guy. Then they start dating and having relationships in their twenties, and they're confronted by balancing "trying to be a man" and "not be the creepy guy". They want to be respectful to us.

They don't want to come on to us. They don't want to scare or insult us. They don't want to do that yucky street thing, right? A good man doesn't want to do that "yo, baby" or "how you doing" thing. They don't want to creep you out.

Then while they're standing in line at Starbucks, they overhear two women say something like, "I just don't know why that guy didn't talk to me.

He really needs to grow a pair."

They have to strike a balance of not being the creepy guy, not being the predator we all think they all are, being respectful, and to also find ways to show they are a protector and not a predator.

We also expect them to be the aggressor, but not creepy, be the pursuer, but not too aggressive.

If someone's hitting on you, even if he's doing it in the most respectful way, if you're not attracted, many women will call him the creepy guy. A guy was trying to hit on me, ugh. It's heartbreaking. And then they get married, right? Or partnered. Now they have to watch to be the respectful spouse who would never talk longer than two minutes to a woman at a party, and if the wife came up after and said, "Who were you talking to," he might have to downplay that because he doesn't want to be the creepy guy. Then they get old, and now they are the old creepy guy. So, their whole life is spent monitoring, making sure that we feel safe and not creeped out by who they are.

This is a really important awareness for us to have because it can be a really difficult line for men to walk. Yes, we expect them to step up and ask us out and to take the lead, and we want that. At the same time, every time they do that, they have that risk of being perceived as the creepy guy. If you don't want attention from that particular guy, he might be seen as the creepy guy. I just think there's a lot of room for compassion here. It is kind of heart-wrenching to think about it from a man's perspective, but an important awareness for us to have as women.

This is part of the reason why I really push for online dating. I know there are a lot of terrible things about online dating. There are creepy people who are online dating, but there are a lot of amazing men who won't meet you in the real world, even if they saw you in public.



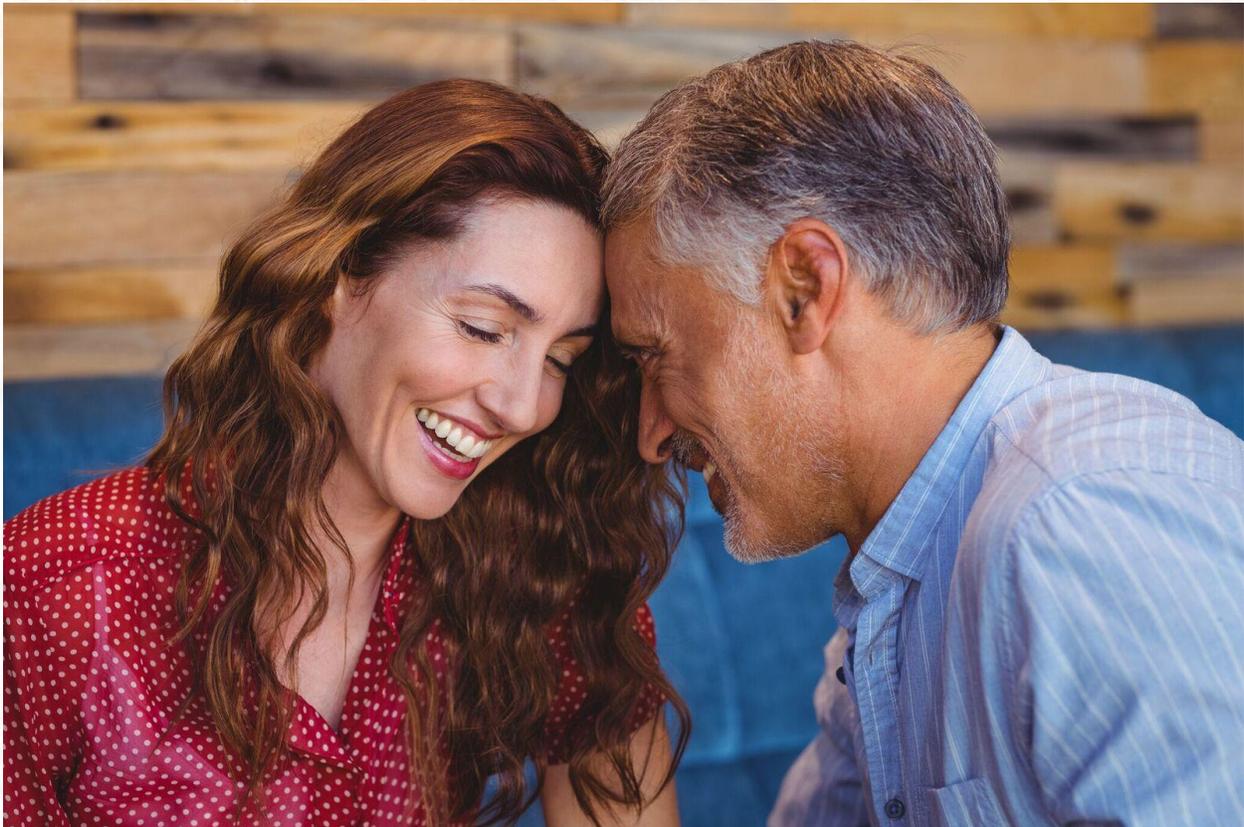
A common question I get from my clients who are single, the question always starts with a statement, and the statement is, "I want my husband, but I don't want to go date online.

Where can I meet him in the real world?" Right?

Well, the truth is there's never been a time in history where there are so many obstacles to meeting him in the real world. Consent is such a huge deal and there's all this talk about personal space. Most of us could be wearing a sign that says "don't interrupt me" around our necks. If he's standing online at Starbucks with you, even if he thinks you're adorable, he's never going to chance it. Never! Even if you had the time, and the space, and the inclination. He doesn't have your permission. And a lot of guys won't take the risk anymore. So, unless you meet at church or a party, where your friend introduced you, that's about all we've got left.

## 9. Men Want To Keep Us Safe.

One of the most important things I've learned from men, is how safe we are in the world because of them. Because of good men around us we are safe, even in our sexuality and our sensuality. We are safer in the world because good men are here protecting us. I know that some of you just don't want to listen anymore. You don't believe it. In 2002, when I walked into the workshop room, I walked in with the attitude that all men were dangerous. Something happened in my young childhood that made me believe there was no such thing as a safe man and they were all predators, every one of them; not one of them could be trusted.



Fast-forward from 2002 to now. I am one of the biggest advocates for men because I see them and I know that their natural default setting is to protect.

Now, are there predators out there? Yes, there are. Absolutely! You've got to watch out for those guys. Unfortunately, 70% of predators are repeat offenders, so they really get around a lot. So,



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yeah, they are out there. But, the majority of men, like in the 90 something percentile, have a default setting to protect you.

If you walked into a sushi restaurant right now and you looked around, you scanned the room and you saw 11 men, you could count on about 9 or 10 of them saving you if something bad went down. Maybe the eleventh one was with his wife and new baby, or checking a text on his phone or something; He wasn't paying attention to you. However, the majority of those men would rise to the occasion.

I have actually taken it on like a spiritual practice, when I'm out in the world to notice this. If I've got some extra time on my hands, I actually look for how men are protecting me. What you often don't know, is there are men on the street when you're on the street, that are watching you, that have your back. If the crazy homeless person starts hassling you, they're going to be there; they're going to walk up and disrupt that. If you're on a really bad date, and you actually feel like you're with a predator, and you're in trouble, say something to a stranger. He'll pull you out of it. I've seen it happen. I've had that happen. I asked for that to happen. Men are here for us.

The really heartbreaking part is that women think men are dangerous. I was sitting around my living room, having a very similar conversation with a very small group of people, both men and women, and two of the women got their defenses up, as some women do. I had told a story and they said, "Oh, you're so lucky that you walked away unscathed." Then I said, "No, I trust men to help me on that one." As I'm sitting in this room, I'm watching the response of these two women, which is that all men are dangerous. There we are all sitting in a room full of protective men who totally have all women's back.

It's just this very incongruent world that we're living in, we often feel unsafe.

We feel like we're not safe a good deal of the time because there are some dangerous men, but we need to figure out a way to wire our brain to spot that, to keep our eye out for it. At the same time, we need to really look around and see the other half, the other majority. That would be the men who have our back.

Men do this for you all the time and you have no idea because they're not going to step in to say, "Hey, I'm here to save you in case you need it." No, no, no! They don't want to be the creepy guy. They're just going to stand back, but they've got you. They've got you from afar. It happens all the time.



My husband taught me this concept of confirmation bias. Basically, we form a belief and then we begin to look for evidence to support it. An example of a belief might be “all men are creepy” or “all men are dangerous”, in this case. Then we go out into the world and we find that we experience things that support our belief over, and over, and over again, because that’s our belief system. Subconsciously, in most cases, we go out and gather evidence to confirm that belief. That original belief, which was likely false in the first place, grows deeper, and bigger, and stronger. It might be time to challenge some of those beliefs about men.

At least try a new belief that most men out there are in that role of being our protectors. Begin to add to the confirmation bias in that direction and you will begin to see men in general in a whole new light.

## 10. The Right Man Sees Your Beauty, Not Your Flaws!

I'm going to say it. I'm going to tell you this and you should believe it. If you don't believe it, go check this out for yourself. Men do not see our stretch marks. Men have single focus. Single focus has them focused on our beauty. If you think you have a flaw that is not a part of your beauty and he notices it, it's likely because he thinks it's beautiful. If he's noticing your stretch marks, it's because he thinks it's beautiful. They only focus on what's beautiful. They don't see anything else.



I didn't believe it for the longest time, but it's true. Don't focus on your flaws or point them out to him. He won't even see them. He'll see your beauty! Go check it out.

Most of you know that I'm a breast cancer survivor and I have experienced almost everything that that entails. I went through chemo, a double mastectomy, radiation, the whole works, and what I can tell you is that I don't have the same body that I had before that. I have some scars, and I have some significant body changes. My hair has grown back, but one of my fears, along with the big fear of whether I would survive the cancer, was "Will my husband still find me attractive?"

I can tell you that one of the most moving things that happened to me during the breast cancer journey, was when my husband would kiss my bald head and tell me how beautiful I was. I know he still sees me as beautiful, despite the fact that I now have rebuilt breasts and I'm not the same as I was before. But, he doesn't see me as flawed. He sees me for who I am. He sees me for the essence of who I am as a woman, for my beauty inside and out. He loves me for all that I am, and not just those physical things.

There's this perception that men see our flaws in the same way that we see our flaws. It's just not true.

If you're his type, if you're his woman, he's going to continue to see you as beautiful, and he's going to see the beautiful things about you.

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# About Michelle.

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Michelle Marchant Johnson is a professional relationship coach, author and speaker.

In her business [LoveLifeCoaching.com](http://LoveLifeCoaching.com) she works with exceptional women around the world who want to enjoy a loving, passionate, committed relationship with an extraordinary man.

She partners with you as your virtual wing woman to 1) help you identify what may be holding you back, 2) walk with you through the potential landmines of dating and 3) provide caring support on your journey to the relationship of your dreams.

DatingAdvice.com has named Michelle as one of the Top Ten Midlife Relationship Experts for her popular advice. After decades of career success, but frustration, heartache and disappointment in her love life, Michelle got support, uncovered her own inner blocks to love and discovered the secrets that allowed her to meet her Mr. Right. She became an ecstatic first-time bride at age 43 and has been married to the man of her dreams for over 10 years.

As a breast cancer survivor, she believes life is precious and is meant to be lived with purpose, love, and joy. She is thrilled to see her amazing clients meet, attract, and find love with their Mr. Right and enjoy a happy, loving, passionate relationship.

Michelle is also the host of the very popular [Ready For The Right Guy](#) and [Man Panel](#) virtual events where thousands of women have heard Michelle interview top relationship experts like John Gray, Alison Armstrong, Arielle Ford, Evan Marc Katz, Katherine Woodward Thomas, and Dr. Diana Kirschner, just to name a few.

If you're a woman who wants to meet and attract the right man, improve your confidence with men or increase your feminine presence, then you'll love what Michelle will share with you!  
**\*\*Contact Michelle @ [michelle@lovelifecoaching.com](mailto:michelle@lovelifecoaching.com).**

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# About Wendy.

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Wendy Newman is a dating, sex and relationship expert who's led hundreds of workshops to thousands of people internationally. She's done extensive research with men to help understand their point-of-view. Wendy is a compassionate fellow dater. She navigated her way through 121 first dates before she met her partner, Dave. Her book *121 First Dates: How to Succeed at Online Dating, Fall in Love and Live Happily Ever After (Really!)* is part tell-all, part dating guide.



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