

TELL ME THE TRUTH

About what women and men
want in a relationship



ATTILA ZECK

TELL ME THE TRUTH

You know what? You already have it. It's inside of you - in your mind, your heart and soul. The truth about what women and men really want in a relationship.

Do you know what you want?

Perhaps you found yourself unable to express or communicate it. Maybe you needed to overcome your fear and anxiety. That's okey because now you can!

You will learn how to understand yourself first. Your needs, desires, wishes and dreams. Then you will discover ways to finally understand your partner. Master the techniques to find out what they really want from you, but also let them see and sense who you really are.

I wrote this book because there are lot of misinterpretations about women and men out there.

1. Women are not the biggest mystery in the universe
2. Men are not closed books

In the next couple of chapters you will realize it for yourself.

PARADISE

Floating across the bridge like an angel
Yet only sorrow follows,
Never felt you are a stranger
Surrounded by hollows.

Like moth to a flame I was longing for
Seeking to meet your eyes,
Them I knew I would adore
How could I not see, realize?

Burning up in the cold wind
As lava touches ice,
Like vines around trees twined
I hold you in paradise.

Attila Zeck

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Attila Zeck is the founder of LoveHappn. He is a blogger, writer and poet. He was born in Romania as a Hungarian, since he lived in Hungary, United Kingdom and Netherlands. For years he volunteered in a worldwide organization, charity to help and coach people finding their path in life.

His passion lies in providing a guiding light for his audience. Attila is a special education specialist, therapist and, moreover, a human.

Follow me:



**"HIS PASSION LIES
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HIS AUDIENCE."**

TABLE OF CONTENTS

CHAPTER 1 - WHAT DO YOU WANT IN A RELATIONSHIP?	06
CHAPTER 2 – WHAT WOMEN WANT	08
CHAPTER 3 – WHAT MEN WANT	15
TELL ME THE TRUTH	24

CHAPTER 1

WHAT DO YOU WANT IN A RELATIONSHIP?

A question that has been asked a million times. Sometimes when we are on a date. Perhaps on a dating app as we are signing up. Most likely our parents asked this question at some stage of our life as well.

Do you remember what you usually say? Let me venture a guess; love, stability, commitment, loyalty, companionship. Is it what you really want? Or is it something you say to temporarily satisfy your audience?

My question is: What will your response be to your partner when you don't even have the answer? How can you ask your loved one to tell you the truth, when you are unable to do the same?

This is why it's essential for you to work on yourself before getting involved in a serious relationship. But there are things you can do:

1. Talk to people, couples who have healthy relationship
2. Ask yourself honestly how you want to feel with someone
3. You may try taking personality tests
4. Know your values
5. Know what you definitely do not want
6. Know your boundaries and limits
7. Be aware of your needs and desires
8. Develop a quality filtering system
9. Think about your previous relationships and identify issues and reasons it may have gone wrong
10. Visualize the relationship beyond the "honeymoon period"



It's absolutely necessary for you to know what exactly you want from another individual. Remember! You are doing it for your own happiness. The moment you try pleasing others you lose touch with your own reality.

Get confident, gain self-knowledge, but most importantly be in peace with yourself. The world around you will feel it and amazing things will come to your way.

CHAPTER 2

WHAT WOMEN WANT— A JOURNEY TO THEIR FASCINATING MIND

Do you remember the movie called “What women want”?

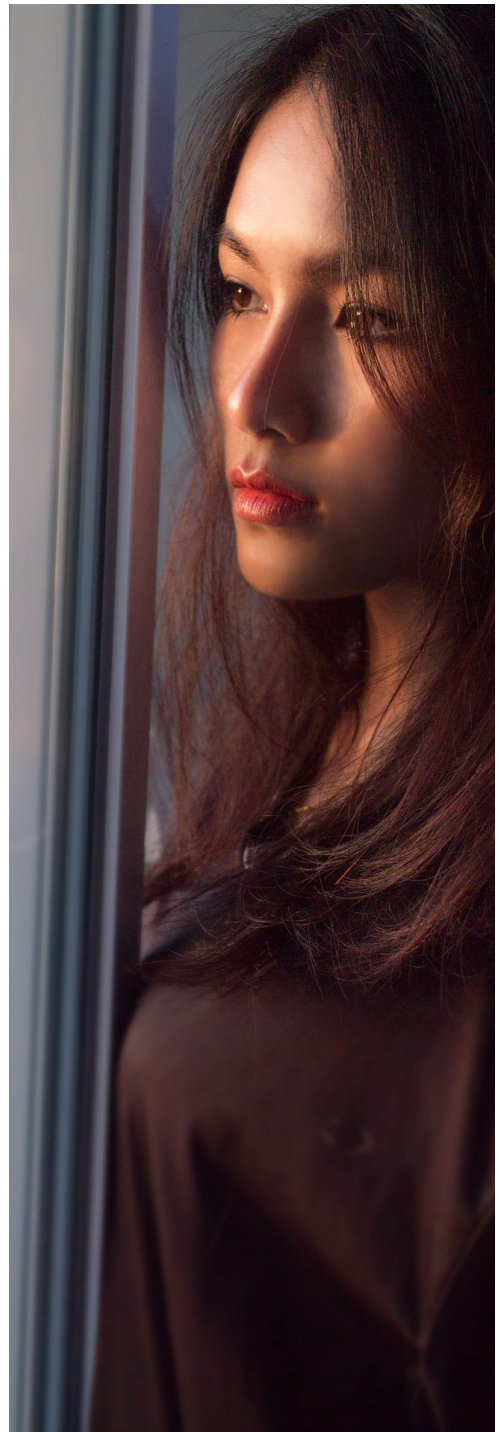
Yes it is the one where Mel Gibson electrocuted himself with a hairdryer after falling into a bathtub with it. Next morning he wakes up and he realizes that he can hear women’s thoughts.

My fellow gentlemen. Have you ever imagined or wished to have that gift? I know I have.

The good news is that you can learn how to understand them without being a mind reader. The ingredients you will need are:

- Common sense
- Willingness to know what women really want
- Quite a bit of research
- Experience

Let’s be honest! Unfortunately most guys do not have all those. And – frankly speaking – a lifetime of studying would not be enough to have 100% confidence in this topic. But not to worry! Let me spare you the “hard-work” and take you to a journey to explore the fascinating mind of women.



EMOTIONAL MATURITY

Arguably the single most important virtue in a man is their emotional maturity. A woman will always search for it in you. No matter how good-looking, handsome or rich you are nothing will ever beat it.

Why?

It's going to define your relationship with her. The way you respond and understand her emotions will ultimately let her decide if you are the one she needs. If you take care of it, you are already half-way to success.

Research shows that the 2 major complaints women have about men are:

1. He is not there for me
2. There is not enough emotional connection

Bear it in mind and act accordingly.



TRUSTWORTHINESS

What does that really mean? Does it mean she wants to trust you?

Yes and no!

No - because it is not something you have. It is not something you were born with. For a long time I also thought being trustworthy is the kind of man I am. I believed it is a feature I have been gifted with. Well - until I realized I am not.

You need to face it! It takes action from your side.

So yes - she wants to trust you but she needs you to prove that she can. You will then become more appealing and desirable for her.

How can you achieve that?

Being honest, genuine and speaking from your heart is "hot" for women. But you cannot fake it. They would realize it sooner than you think. If you want to deepen your relationship with her, being trustworthy is the way. You will then earn hers too.

SECURITY

Basically it means you as a man providing her a worry free surrounding and life. Again, I am not referring to financial security particularly. Yes it is clearly an important factor in a relationship but not a deciding one.

For a woman security means you will protect her and the relationship. It will allow them to let their guard down. It lets them be free - with you.

Take my advice on this one and remember - what goes around comes back around.



RESPECT

It is a given one of course - or you would think.

It is true (most of the times) that we guys are super nice in the beginning of the relationship. We do everything to impress the one we want. Like in nature the male birds do crazy dance and noises to excite the female and get their attention. Then if the show was good enough the female will choose her favourite.



It is similar for humans with one significant difference.

Women wants to be taken care of, they want to be respected continuously for a long time. So if you think - well I can impress her now and it will be enough forever - think again. Be aware that as soon as she feels disrespected she may rather step out of the relationship or marriage - rightfully so I must say.

COMPLIMENTS

This applies to many levels, areas of your relationship. Compliments women want to hear are:

1. APPEARANCE

Let her know regularly how pretty and beautiful she is. And not only when you are on a date. Tell her in the morning, or while she is cooking or any random time that feels right. Don't be so surprised! Women like to feel being desired. But don't overdo it! Don't make uncomfortable comments on her body at inappropriate times.



2. KNOWLEDGE

It's not all about physicality though. She is smart - then let her know it. Tell her how attracted you are to her because of her knowledge. Intelligence is sexy - I am sure you heard that before. Tell her how proud you are of her achievements. It will do magic to your relationship.

3. UNIQUENESS

You choose her because she is special to you. In your eyes she is no one like you have met before. Express yourself and tell her what she means to you. And not only on her birthday or anniversary.

4. COMPLIMENT ON HER ABILITY TO MAKE YOU A BETTER MAN

Tell her you are a better person since you have been with her. Hopefully you mean it too. She brings the best out of you? You feel like a different man from who you have been? Don't hesitate to let her know. It will make her really happy and deepen her love towards you.

FRIENDSHIP

Don't worry it's not as shocking as it seems.

You are in a relationship or marriage, so why would you now need to be her friend? As surprising as it sounds – according to many studies – what women want and search in a man, is not that different from what they are looking for in a friendship.

And what does a really good friend do?

Stand by your side no matter what. Stand up for you if they have to. Support you through your life. Be there for you when you need them. The list can go on but you got my point. Sometimes you need to be there for her as a friend, as an impartial judge who can help and support her.

FREEDOM

Yes, that's right. Women also want freedom.

I say also because it is mostly associated with men. Even though it's true that men are usually the more adventurous, "I need my freedom" type; it does not mean women don't need it.

In fact they do. They do but in a different and more subtle way than us.

Everybody needs their freedom so don't hang on her all the time. If you can go out with your friends for a drink, so can she. You go to the gym or running, so does she. Don't restrict her from doing what she likes even though that does not involve you.

Why?

We are individuals, all of us. We have our preferences, our needs, goals, dreams.

*There is only one person who has always been by your side, who has seen and experienced everything you have gone through. **It's you.***

Freedom is a great thing. Couples should value it more in my opinion. It will allow the both of you to re-charge your batteries.

There is always a part of your life that is only yours and it's fine. She needs it and it will do good to your relationship, I promise.



WHAT WOMEN WANT?

If you are reading this because you are about to date the woman of your dream, make sure to take all the points into consideration. Doing so I ensure you that the outcome would be pleasant.

If you are already with her don't be scared to change your ways. Put your pride aside and make it happen.

What women really want is you. After all there is a reason she saw something in you. Don't disappoint her! Love her! Respect her! Take good care of her!

Do those things and it will come back to you ten times over.

CHAPTER 3

WHAT MEN REALLY WANT IN A RELATIONSHIP



Generally speaking men are more closed in terms of communicating their needs in a relationship. They are often reluctant to talk about it. This clearly makes it difficult for their partner to understand them better.

Due to the current society and its expectations for men to be *successful, money provider, emotionless* figures - they are under a lot of pressure to meet these requirements. Unfortunately this does not make it any easier for them to open up in a romantic relationship.

There is some light in the end of the tunnel though.

Men are pretty simple. If you dig deeper you will find complexity for sure, but first you will need to understand and meet their basic needs then they are much easier to handle. If you managed to pass that (most already fail here) you would have them eating out of your hand. Believe me. They will be the cutest, most loyal gentlemen you have ever come across.

What men really want in a relationship? If you read on I will reveal their basic and deeper emotional needs that will help you both to be in a happy and healthy relationship.

BASIC NEEDS

These are the ones that every men needs in order to avoid being grumpy 24/7. Yes, that's right. I would call them *necessary elements of everyday life*. Let's see:

1. A way to a man's heart is through his stomach



As you will see most of the basic needs for men come from evolution, nature. Men like food, nearly more than anything. It calms and soothes them. They will appreciate your effort and return it in a different way.

2. The physical act of love



If I want to be frank with you - and I believe every honest man out there would back me up - this is the single most important thing that men want in a romantic relationship. To simply put it, sex. Even though your first thought may be - how sad that is - don't judge just yet. There is a complexity to it.

Typically women connect better through the act of communication and emotions. Men in the other hand are known to connect through the act of physical intimacy. None of them are better than the other, and no reasons to judge here.

While **what women want** is communication through emotions, men needs physical attention - making love. This should not be a problem in the beginning of the relationship but as you go further men often feel like the flame has gone out.

Again, the reason is because women settle and feel content in the relationship. This is a good sign by the way, but men often don't see it that way. They need the physical intimacy because this keeps them secure. Without that they may think there is a problem.

Studies have proven that happy couples have sex once a week in average. I am not saying that you should have sex whether you want it or not just to tick that box, but think about it.

You are in a relationship with a man you love. If he is caring about you, being nice to you, supporting you and love you - how difficult it should be to make love to him once a week. Obviously I am referring to a healthy relationship where both parties love and respect each other.

Of course there are ups and downs in life, we all understand that. But if you are not attracted to him for weeks, you don't desire him, you keep finding excuses to avoid it, and he does not know why - he will eventually become frustrated and sad.

Talk to him. Let him know what's happening. He would rather hear the truth than being in the shadows. Don't let this cost your relationship!

Also be aware that the act of physical love doesn't only apply to intimacy in bed. A kiss or hug from time to time goes a long way. It's the consistency of physical attention that men need.

Don't forget! To engage with a man physically, also means you engage with him emotionally which will lead to a pleasant, balanced relationship.

3. Praise

Well, well, well. That infamous ego of man. I would not say that this is a gender specific as women also need compliments but men need praise.

Not so much about how they look like, or how handsome they are (it wouldn't hurt either) but more on the little insignificant things they do. If he did the washing up - praise him. If he did the vacuuming - praise him. Has he taken down the garbage? - praise him. Did he do some dusting in the house? - praise him. He managed to fry an egg with baked beans for breakfast. Guess what? - praise him for it.

I know it sounds silly but they really need it. The more you praise them the more they will do.

EMOTIONAL NEEDS

Men are brought up to be strong and show as less emotions as possible. But don't get fooled by it. They have a great need for emotional support; you just need to know how to reach them at that level.

All the emotions, feelings they held back from the world will be shared with the special person they trust and love.

Now that their basic needs are met it's time to go further to understand what men really want in a deeper level.

4. Respect

Just like anybody else men wants to be respected in a relationship. They need to feel that they are respected for who they are. For instance they need to know that their career or the things they believe in are respected. Without that it would be hard to keep a man's love.

5. Emotional maturity

In every relationship there is a time when you have difference of opinion or disagreement. Nothing to be scared of, that's absolutely fine.

What men are unable to understand and process is a partner who plays games. The roller-coaster type. What do I mean by that?

Somebody who is up and down all the time. One moment the sweetest person ever, then suddenly becomes criticizing and blaming. Every man knows that women are handling emotions better. Therefore it attracts them and they will be able to commit to you easier. They don't want somebody who is unable to handle their own emotions because that indicates that they would not be able to deal with theirs either.

It's also important for them that you are able to admit that you were wrong (if ever) and can say sorry. Human's ego and pride are huge. There is nothing more a man will appreciate than seeing you beating those things. Of course this should work vice versa too.

The emotional maturity in you will make your man's life stress free and calm, which is a blessing for both of you.



6. Patience

Have a little patience! Nobody is perfect. A man's maturity level is usually lacking behind a woman's. This means it will take longer to get where you are. Give him a little time. Be patient.

If he sees your patient nature, it will help him grow and become the man he always meant to be. This will be partially your credit. He won't forget that.

OTHER NEEDS



"MEN FEEL THEY HAVE TO PERFORM AND PRODUCE OR PROVIDE."

Freedom and space

Yeah, don't make them feel like that. Joke aside, in general men needs more space than women. They may feel suffocated if their partner clings on them all the time. As a matter of fact, it's one of the most common commitment fear they have. They are afraid of losing their free time, mates and hobbies as they become serious with a woman. This will most certainly result them becoming emotionally distant.

Again, it goes way back to nature and evolution. Men feel they have to perform and produce or provide. Let them have the time to work on their project or whatever they need to. Let them have their breathing space that they often crave for.

If you can do that, he will see that you understand and trust him; therefore he will love you more and will be able to give you what you need.

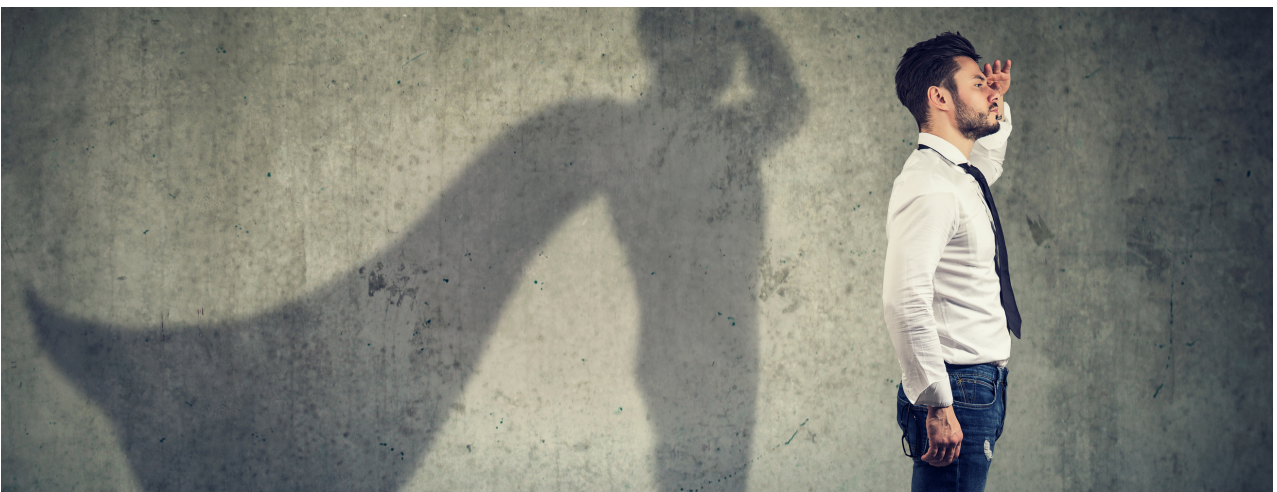
Playfulness



Men are overgrown children. Spirited, frisky, mischievous, flirty or jaunty. Men love this type of women. It's in their fantasy. They want to be teased; they want to feel you are interested in them. Do it in a playful way.

There is enough stress in everyday life that you will both need to handle. Forget that a bit and try to connect to each other in a playful game. They will appreciate you more. They will be attracted to you more and they will desire you more.

Men Want To Be Heroes



They do. They really do.

Do a test for me and ask your man "How can you tell how much a man loves a woman?" The answer will be something like "By the actions he is willing to do for her".

What men really want in a relationship is to be your champion, your hero. This is still a men's world unfortunately and we were educated to be the best, to lead and to show women how cool we are.

It's about all things; whether they are small or big, don't matter. Men needs to show that they can help and solve any issue arise.

The reason they want to do things for women is to get a positive response from them every time. A response like "wow you are so strong", or "wow I could have never done it without you." They will just melt and feel such pride that they were able to help their loved one.

To be your hero is men's way of saying " I love you." Just throw them some appreciation and mesmerizing look and you will have your own champion, hero for a lifetime.



TELL ME THE TRUTH

Now you have stepped on a path to succeed in relationships as well. The journey is yours. It's up to you what direction you want to continue.

You don't need me to tell you the truth! You don't need anybody to tell you the truth anymore!

You have experienced it through your life. Use it well. Use it wisely.



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