

Next Level Connection 3 Principles to Develop

...Deep

Emotional Connection

with Your Man



by InfidelityFirstAidKit.com

Next Level Connection: 3 Principles to Develop Deep Emotional Connection with Your Man by InfidelityFirstAidKit.com

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Introduction: Next Level Connection: Principles to Develop Deep Emotional Connection with Your Man

What Us Men Need to Find the “One”

I get it.

You’re tired of swiping left, swiping right.

Bored of dead-end dates.

Hate to admit you still dream about your ex, or exes, from time to time.

Let’s face it, you miss those dreamy, sometimes steamy nights.

But right now, the outlook seems bleak because you fear that you won’t ever meet a guy that you think about just before falling asleep and right when you get out.

Well, at least one who will do the same for you.

Your problem is not so much that you don’t meet men.

You don’t lack quantity.

Although you wouldn’t mind a few more coming your way.

You desire quality.

But for that to happen you must find the man who wants the same.

(Yes, they exist, even if some might find themselves in denial.)

And to enjoy a relationship to the fullest a deep emotional connection must bridge the two of you.

Date Vs Girlfriend Material VS Wife Material

Deep emotional connection = long-term girlfriend or wife material

Then there's everyone else.

I find one MAJOR difference between women and men.

And I'm speaking generally here.

Women are SLOW to go out on dates with men.

They usually tend to look for reasons to say no.

Perhaps for safety concerns, waste of time, I'm not really sure.

On the other hand, they are much QUICKER to commit to man and want a relationship.

So, wouldn't it help to know what most men need in order for that connection to develop?

Men, of course, tend to do the opposite.

We are QUICK to take practically any girl out.

But MUCH SLOWER to like a girl so much that we will commit to her long-term.

Why is that?

The woman we choose to spend a long time with and perhaps the rest of our lives with must enhance our overall enjoyment of life, not take away from it.

Our needs are rather simple, though.

We want companionship and sex.

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Girlfriends and short-term relationships can provide us companionship.

Sex we could get with a one-night hook up.

Although most guys would probably say they'd prefer to have sex within a relationship not with just random women.

But to find a long-term relationship, someone we'd consider wife material, we need more.

We need a teammate a partner.

So why do we prefer to date many women?

Why do we "hunt", as we call it?

We want to find the RIGHT one.

Because we look at it logically.

We believe in the numbers game to find the perfect match- the law of averages.

Meet MORE women and you'll find one worthy of committing to.

But there's one catch.

Even when we find someone who provides that companionship and sexual connection, she can still slide out of our favor.

Why?

Because even if all the stars align in the beginning and bells chime and alarms sound off in our heads that we may have discovered the "One", later, after given some time, she may break some of our core principles.

These principles make up the framework of how we feel around her.

He's Your Man to Lose

In the end, what you will notice time and time again in dating coach guides designed for women to understand men, is the reoccurring message that us men choose long-term love based on how they make us feel.

We all ask ourselves this...

“Does she bring drama and stress to my life or serenity and enjoyment?”

So, all the things that you think matter the most to attract and win guys over do not supersede the one thing that matters most to us.

How do we feel when she's with us?

Do we feel on edge, like we're walking on egg shells or like she has a spotlight that drops from the sky on her and we don't notice anything else?

Will she make us feel comfortable being the best natural version of ourselves around her?

Do we like who we are when she's around?

No matter how big her breasts are, how good she is in the sack, how good of a flirt she is, how smart, how successful, none of that matters... ***in the LONG RUN.***

These kinds of things matter in the beginning, but not enough to hook us for life.

So, keep one thing in mind, just because you won the guy does not prevent you from losing him.

Winning him in the beginning is just that- the beginning.

The real work lies ahead.

The REAL QUESTION is...

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...how can you KEEP a guy and win him FOR LIFE?

In this guide I will outline 3 principles that most men want for long-term girlfriend or wife material.

Realize there may be more principles than these three but I want to keep things simple and these three certainly are core ones that I believe every man could agree on.

You will find these in some form or fashion in any dating coach guide designed for women.

Just maybe worded different.

Principle #1: Feeling Good Enough for Her

The last thing we want to worry about is her losing interest in us or running away off with some other guy.

We aren't stupid.

We know that women have many choices.

Many women get approached daily by men.

Deep inside we know that there's always another guy out there who dresses a little bit nicer, has a nicer built body, knows how to charm women a little better, makes more money and has a better job and basically could offer more than we could.

We know that we are not perfect, even if we struggle to admit it.

This is how jealousy of other men comes about.

So, for us to feel comfortable with you and want to commit long-term to you we want to make sure that you like us for who we are.

We don't want to displease you.

The bottom line: we want to feel good enough for you.

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A study in the ¹[Journal of Personality and Social Psychology](#) attempts to correlate the relationship between when one romantic partner feels appreciated by the other that they in turn will be responsive to that partner's needs.

And here are some of the things that us men want you to appreciate about us that we can offer you.

List of What Us Men Want to Feel Good Enough for Women

- Our Choice of Career
- Our Giving and Kind Nature
- Women Like Our Gifts
- Being a Good Enough Cook
- A Woman Feels Protected by Us (we're not a pushover)
- She Likes Our Sense of Humor
- She Finds Him Handsome and Physically Attractive
- We're Fun to Be Around
- Pleases Her Sexually
- Can Turn Her On
- Wants to Make Her Feel Sexy and Beautiful
- Makes Us Feel Like We Understand Her
- Values His Ambitious Spirit
- Finds Her Man Intelligent

Of course, this list is short, it just sheds light on a few important items.

Also, each man has different needs.

So, how do you know what's important to the man in your life or the one you have started to date?

How to Know What Makes Your Partner or Date Feel Good Enough ...and how to show your support

¹ To have and to hold: Gratitude promotes relationship maintenance in intimate bonds- pages103(2), 257-274
Gordon, A. M., Impett, E. A., Kogan, A., Oveis, C., & Keltner, D. [2012]

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Listen and Observe

Through interactions and conversations, he will mention what he likes.

He'll send out signals of what he wants you to notice, even if he does it subconsciously.

Here are some examples of what he may say or do to communicate that he wants you to recognize in him that makes him feel good enough to you.

Ways He Shows You What He Wants You to Notice About Him

His Sense of Humor

He'll seek to make you laugh *OFTEN* with various types of jokes or humorous quips in texts, on the phone and in person.

And his attempt to get you to laugh is a good sign that he likes you and wants to please you.

How to Show Him Your Support

Pretty simple, laugh at his jokes.

Laughing at his sense of humor goes a long way and he will notice.

It doesn't have to be excessive, long drawn out laughing- ***just giggle.***

And ***tell him that he makes you laugh*** right after he tells a joke that you like.

Or if you want to turn him on while expressing your appreciation of his sense of humor then wait until you both are holding each other.

When he attempts to make you laugh then hold him around the waist with both arms, look him in the eyes and compliment him.

"You know one thing that I really like about you? You always want to make me laugh. It makes me enjoy being around you."

This kind of compliment will always work as long as you sincerely mean it.

What If You Don't Like His Sense of Humor?

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While you may not find him overly funny, I am sure that you find some of his jokes at least somewhat humorous.

Also, I'd bet that you appreciate his attempt to make you laugh.

You can also train him on what you find funny.

Laugh when you find something funny.

When he doesn't, then react with a slightly, sarcastic quip like, *"Ha, ha very funny."*

And if you find something insulting then I would tell him without tearing him down.

Try, *"Come on, that's not very funny. Don't you think that is a little insensitive?"*

Using the word insensitive, lets him down a little more easily without taking his breath away and making him feel like inserting his tail between his legs and running off to hide like a misbehaved dog.

His Giving and Kind Nature

When us guys really like a woman, we want her to stick around for a while.

And when we want her to stick around, we will want her to notice that we look for ways to give something to her.

Whether that's **gift-giving, lending a helping hand, thoughtful compliments or sharing his possessions with her.**

Here are some examples of when he wants you to notice his giving and kind nature:

- Cute notes complimenting you (texts or written notes)
- Small, spontaneous gifts

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- Offering to help you with chores or refurbishments around the house
- Offering his expertise
- Paying for dinners
- Sharing his coat out on a date
- Offering to make a house or auto repair

How to Show Him Your Support for His Giving and Kind Nature

Again, nothing outrageous here.

Express your appreciation or return the favor.

The key to show that you notice his giving and kind nature is to make it known that you notice.

I think too often women just assume that because she spends time with a guy that it's enough for him.

It's not.

We want you to explicitly show and tell us.

Don't just assume he knows that you appreciate his effort nor be shy to express it.

Here are some ways to express your appreciation:

1. Sincere, Heart-felt Compliment When Receiving Gifts

“Wow! You really know how to pull on my heart strings. Thank you for the (type of gift he gives). You certainly know me well and what I like.”

2. Genuine Expression of Appreciation for His Offer to Help Around the House

"I can't thank you enough for your help with (the type of chore he helped with). I would have had trouble doing this myself and it would have taken forever to finish. Sweetie what would I do without you?"

Men need to feel needed.

And we love to solve problems for people we care about.

This is why we immediately try to find solutions rather than just listen to you vent your frustrations about that co-worker you can't stand at your job.

3. Compliment Him for Acting Like a Gentleman

In the examples where he **offers his coat, opens the car door, let's you pass through the door first, walks on the inside of the street** to keep you safe, tell him very explicitly that you notice his gentlemanly deeds.

Something simple like, *"Sweetie, you are always such a gentleman. I adore that about you. Not all men are these days."*

We want to feel like we stand out from the rest of the crowd and that you notice that we find you special.

When we like you and want to keep seeing you (even when already in a committed relationship with you), we want to keep making you happy.

We will go the extra mile to treat you like a lady.

Show him that you notice his effort.

4. Return the Favor

Give back.

In whatever way you feel comfortable, but I'd recommend personalizing it to his preferences.

Offer your assistance with something that you're good at that he needs help with (writing a cover letter or resume, helping with a chore around the house, preparing a meal, researching for information, get him a thoughtful gift, etc.)

Don't just accept his favors and not give back.

Actions will still go farther than words of appreciation.

Enjoys Our Company and Fun to Be Around

Why would you want to see us again?

That's the question we ask ourselves.

The last thing we want to see when going out with you is for you to get bored.

Do you have any idea how much it stresses us out to think of ideas for the perfect date (even when in a committed relationship)?

Part of feeling good enough to a woman is feeling like she finds us fun to spend time with.

Do you show that you like spending time with him by simply going out with him?

Yes.

But go the extra mile.

Do more.

How to Show Him Support that Find Him Fun to Be Around

1. Express Your Affection to Him

While you spend time with him get physically close.

Do it in the way you're comfortable with.

Hug, hold hands, put your arm around his waist, kiss his cheek, etc.

AND tell him that you're having a good time.

2. Dress to Impress Him

This should be obvious.

I mention it somewhere else in this guide, but never stop impressing him with the way you dress.

Would you dress down for an interview or dress to impress?

With a guy you like and want to keep seeing, the way you dress tells us how much you like spending time around us.

Of course, dress appropriately for the kind of date you go on too.

Please don't dress in heels to go to the theme park or ball game.

3. Greet with Warmth and Welcome Him with a Kiss and Hug

Not just a peck.

This isn't supposed to be a routine, "yah, yah, let me get this over with kiss".

If you like the guy, show him.

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Look him in the eyes, hold him around the waist with both arms and lay it on him.

Show that you genuinely are happy to see him.

4. Save Energy and Time for Him... *(even when busy)*

Even if you are a super busy lady and you are juggling a lot of responsibilities, business, job, kids, errands, school work, etc., schedule time to see him.

We want to feel like a priority.

Treat us like one.

If you constantly let other priorities get in the way, and worse, cancel plans last second to due “something coming up”, then you break this first principle.

We will not feel good enough for you to choose to find time for us.

5. Discuss Future Plans

One of the best ways, especially during a date, to show that you like spending time with us is to talk about what else you’d like to do with us on future dates.

Even if you just hint at what you’d like to do without going into details. Of if you think he’d like to go to certain place or event, suggest it.

- *“Yeah, that sounds fun, we should go sometime.”*
- *“Since you like (name of place or event). You’d probably like (name of a different place or event). We should go.”*
- *“I’d love to try out that new Mexican restaurant downtown with you.”*
- *“I’ve always wanted to go to (name of a place or event). Maybe we could go sometime.”*

By hinting it instead of asking him to set up plans it relieves the pressure some.

It does not put him on the spot and instead gives him the choice.

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But at the same time tells him exactly what kind of date would make you happy.

We appreciate that.

Enjoys Our Conversation

Imagine you and I are dating.

You're pretty certain that I like you.

We've gone out quite a bit by now.

But lately you've had a lot land on your plate.

Work deadlines are tight.

You feel stressed.

But here we are sitting across from each other at a nice Italian restaurant.

A glass of your favorite wine sits on the table.

And after a few minutes of me making my best effort to initiate meaningful conversation you get distracted.

You look around the room, gaze at the bar, at the couple fighting across the room.

Your phone dings.

It's a text.

You grab it and start swiping to see what it is.

But hell, you feel like you've won me.

And you've got stuff on your mind other than this date.

Why give me your full attention?

There will be time to spend together later you think.

You sure about that?

The problem is you haven't noticed that this has become routine lately.

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But I have and here's what I am beginning to think.

- *"Is it always going to be like this?"*
- *"Is she already getting bored of me?"*

Listen, please.

Leave work and life's distractions at the door.

Dates are for an escape from all that.

Date time is for date time.

Work time is for work time.

Separate the two please.

How to Show Him Your Support When You Enjoy Conversation with Him

1. Ask Him Questions Relevant to the Conversation

Don't just answer his questions.

Learn to engage in the conversation.

Show interest.

Make it fun for you both, but make the conversation count.

Learn something new about him every time you speak.

This in turn will show that you enjoy talking with him.

And when he asks you questions don't give him dull, dead-end answers that do not extend the conversation.

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After he gives you an answer go deeper.

Follow up with questions that ask him to reveal his feelings about what he just said.

- *“Wow, that’s interesting. What motivated you to go there?”*
- *“That’s brilliant. How did you even think of such an idea?”*
- *“That’s very unique. How did you manage to learn that?”*
- *“What was your inspiration behind that?”*
- *“What else did you have to learn before you did that?”*
- *“Sounds scary? How did you feel when it happened?”*
- *“How did you react?”*

Compliment and ask a deeper question.
Ask about his feelings that led to the action.

2. Proactively Ask Him Questions to Learn More About Him

This is one way to show interest in him and shows that he pleases you...

...that he ***IS*** good enough.

Now you might see yourself as the shy type.

So, how what possibly could you ask him?

Think of what you don’t know and expand from there.

Then follow the first recommendation: ask follow up questions to help him expand upon what he said, ask him about his feelings.

The questions could inquire about his past, present or future.

One warning: If he doesn’t seem open to answer random questions like these then I would test one out to see how he responds.

And I would only ask a few at a time.

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The indication that he enjoys answering them is when he asks you questions back.

Here are some ideas:

What is/are his favorite...

- Animal
- Cuisine
- Drink
- Type of Wine
- Restaurant
- Travel Destination
- Sports Team
- Bar Game
- Movie
- Fast Food Chain
- Car
- Kind of music

... and so on.

What are his preferences...

- Chinese or Japanese Food
- Beer or Wine
- IPAs or Lagers
- Beach or Mountain
- Downtown or Countryside
- Club or Lounge
- Luxury or Sports Car
- Snow or Sunshine
- Camping or Luxury Hotel
- Coffee or Tea
- Long Hair or Short Hair

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- Blue or Red
- Salty or Sweet
- Busy or Relaxed

...you get the idea.

If questions...

“If you could...

- ...live anywhere in the world, where would you live?”
- ...travel anywhere right now. Where would you go?”
- ...talk to anyone in history. Who would it be?”
- ...hang out with any celebrity. Who would it be?”
- ...could learn any skill really well? Which would it be?”
- ...go back to school. What would you study?”
- ...redo a decision you made. Which would it be?”

Since this guide is not solely about conversation skills I will stop here.

But I hope these helped you brainstorm a little.

How are Your Text Conversation Skills?

Let's face it texting a guy you like can get nerve-wracking.

Will he respond?

Am I annoying him?

What can I talk about that he'd like?

Should I flirt?

If so, how?

These are all great questions.

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And if you want to become a text master with men then I suggest you take the online course/eBook “Text the Romance Back”

“Text the Romance Back” is NOT just about rekindling romance in a relationship.

It teaches you the step-by-step approach how to attract and connect with a man through strategic texting.

Both strategies are laid out how to effectively text men you just started to date as well as a man you are in a full-fledged relationship with.

[Click here](#) to read my PROs and CONs review of “Text the Romance Back”.

Summary of Creating Deep Emotional Connection with Men

Principle #1: Make Sure He Feels Good Enough for You

You’ve come this far and learned about a valuable mindset.

Winning a man is one thing.

Keeping him is something else.

Or as we men like to say, “You can win the battle, but lose the war.”

Making HIM happy is NOT enough.

He must also feel like HE MAKES YOU HAPPY.

We want to feel like we please you and that you will not want more than we can offer.

Therefore, most of us guys will not commit to a losing battle.

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We must know that you are also in this for the long run and won't get bored later, or worse, talk to other men.

I'm not saying you would do that, but some women do and we do not want that to happen to us.

Don't assume you make him happy.

Take it a step further.

Practice the recommendations in this section.

Do **NOT** just read them.

You do not acquire a skill just by studying it.

To make it a part of your natural routine and way of being practice these until they become a habit.

Principle #2: Supportive of Our Pursuit of Personal Achievements and Interests

From Principle #1: Feel Good Enough we looked at why it's important for us men to feel appreciated by the woman we choose to spend considerable amounts of time with, possibly even asking her to marry us.

But even feeling good enough for her won't matter if we do not feel good enough for ourselves.

We need to achieve, win, compete and feel like we are good enough for ourselves in order to live a complete life.

If we don't feel like we are reaching our full potential it can trigger depression and send us on a search for a way to compensate for our identity crisis.

Therefore, it is vital that you support us in our pursuit of personal achievements.

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Another study was conducted and reported in the ²[Journal of Personality and Social Psychology](#) regarding how receiving positive moral support from your romantic partner affects self-esteem and enjoyment in the relationship.

Results indicated that *“responsive (nonintrusive) support of a relationship partner's goal strivings and explorations have important implications for the recipient's happiness, self-esteem, and perceived likelihood of achieving specific goals”*.

Love, companionship, sex are for us to share with you but will not complete our “life package” to feel fulfilled.

Now I understand you might think, “Well, us women need our lives outside of the relationship too.”

And, of course, that is true.

But this is different.

How many stay-home dads do you know?

How many men desire to become a Mr. Mom?

There's a reason Fantasy Football exists, why men get together for poker night and not craft-assembly night.

Titles, accolades, recognition, showing off and bragging about our talents and making money are all experiences of being a man.

You may not like some of those traits, but you cannot fight it.

It was that way before you were born and will continue until the end of days.

² Feeney, B. C. (2004). A Secure Base: Responsive Support of Goal Strivings and Exploration in Adult Intimate Relationships. *Journal of Personality and Social Psychology*, 87(5), 631-648

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Attempt to emasculate a man and impede his pursuit of winning and personal achievements and don't be surprised if you end up alone.

I need to make that point bluntly.

It is not to be taken lightly.

And I don't think you'd disagree, but you may not know how to identify ALL the kinds of pursuits, interests and personal endeavors men have nor the proper way to show your support.

Here are some examples:

- Choice of Career
- Desire to Earn Money
- Need to be a Leader (amongst peers or in his career)
- Change of Careers
- Self-improvement Pursuits
- Side-hustles to make extra money
- His Hobbies
- His Dreams
- Physical and Mental Self-improvement
- Earn Awards
- Receive Recognition
- Show Off His Talents
- Develop Interesting Skills
- Be Respected as Alpha Dog
- Spend Time with Friends
- Personal Space- alone time

How to Show Support for His Pursuit of Personal Achievements and Interests

Get actively involved with his life and make it obvious that you want him to live a fulfilling life outside of the relationship.

He wants to tell you (and show off) his accomplishments.

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Let him.

He'll love you for it.

To support a mutually beneficial relationship, ideally, you'd both actively get involved with each other's lives.

Traditionally us men are hesitant to commit long-term with a woman until we know that she will support us in our personal pursuits.

Remember what we've said, we want you to enhance our lives, not prevent us from reaching our full potential.

If we feel a woman impedes our fulfillment of many of the pursuits mentioned in this section then we see her as someone who sabotages our goals and dreams.

In short, if we cannot feel supported by you, on our terms, to pursue our goals and dreams then either the relationship will not last or we will distance ourselves from you.

Here are some keys to hone in on:

1. Show Interest in What Matters to Him

Learn as much as you can about his highest prioritized pursuits, most enjoyable pastimes and hobbies.

Ask him questions without him having to bring up the topic himself.

Learn some of the terminology, the challenges, the rewards for success or the influential people in a given industry.

I'm asking you to research his interests and become adequately knowledgeable.

Proactively show interest in any pursuits or interests that matter most to him.

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Show your man that you want him to be happy by fully backing whatever he chases that improves his mental or physical well-being.

Ask him questions to learn more about the things that he takes interest in.

And find out the motivation behind his desires.

In the case of friends, learn their names and more about them.

The same with your man's hobbies and passions.

And if he truly is the right guy for you then he will appreciate you wanting to know more about him.

2. Ask to Participate

When appropriate and possible, seek ways to become involved with him or to assist him. If you can share the enjoyment with him in any of his pursuits, hobbies or interests then you will naturally benefit from more quality time to together.

This, of course, is the essence of bonding and developing deep emotional connection.

It's the gateway to friendship.

And who doesn't want to become best friends and lovers?

In some cases, you could even ask to participate or help him.

Ask yourself, could I participate in his favorite hobbies.

Would it make sense or would I just get in the way?

Could you even join in and enhance his enjoyment?

There are numerous examples, let's take a crack at them.

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- Offer to help him study for his real estate license exam, college courses or any kind of exam.
- Offer him ideas for prospecting for clients in his new consultant business.
- Create business cards for him.
- Jog with him a few times while he prepares for a marathon.
- Research information in a new field he's interested in working in.
- Help him write a cover letter or draft a resume.
- Seek contacts to help him make a career change in LinkedIn or within your circle of influence.
- Ask to help him create a dream board.
- Refer him business prospects through your contacts.
- Join in on his wine making hobby.
- Suggest to travel to places he's always wanted to go.
- Attend a sports game with his favorite team
- Go watch that scary movie with him even though that's not your thing.

3. Don't Come Across Jealous of His Time and Energy Involvement in His Personal Pursuits

If you feel that his personal agendas supersede your quality time together than that is beyond the scope of this guide.

Regardless, if he feels that you jealously attempt to take him away from the things that he wants to accomplish and enjoy outside of the relationship then you will appear needy and clingy.

Big turn off.

It'd only be a matter of time before that relationship crashes and burns.

Remember, men CANNOT enjoy a relationship with a woman ONLY on the merits of the relationship itself, probably like you couldn't either, but I'd say more so with us men.

If you disagree, then just remember how important winning and competing is for men.

Right?

And why do you think men love to show off and point out all the good things they do well?

It's because we find our identity in achievement, winning and competition as mentioned at the beginning of this section.

4. Seek Alone Time for Yourself Too

The easiest way to not come across clingy and suffocate your man is to find time to spend away from him.

Arrange time with your friends when he wants to go out with his so that you both have your own personal space.

There's a reason we slink off into our man caves, spend time with the guys at the bar or just play video games together.

It's our way of decompressing and not having to face the stress of everyday life to perform and live up to everyone else's expectations- namely yours, or at least what we perceive them to be.

5. Choose Gifts that Support His Interests

Help him achieve success or enjoy his hobbies and interests.

Proper gift-giving can bring people closer together.

It shows that you are not looking for something in return.

Instead you know your man and care about his happiness and well-being.

Purchase books or resources to help him enhance his knowledge in the new field he wishes to work in.

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If he participates in sports, plays music, works on computers, etc., learn as much as you can about what items will help him enhance the enjoyment doing those activities.

Choose gifts wisely and he sees you as a partner, not just someone looking for attention.

6. Encourage Him to Keep Up His Effort

We love “fan” support.

When you cheer us on to achieve our goals and dreams you become more than just a woman we date, kiss, live with, share responsibilities with.

Support of our most desired achievements paves the way to become our best friend.

Someone with whom we can share our deepest feelings with.

Isn't that what you want?

7. Celebrate His Successes

And when he wins, show your support.

Express your genuine pleasure when your man succeeding.

Cheer him on.

You want him to feel like his happiness and pride are of the utmost importance to you.

Leave him cute voicemails, send him short texts or applaud him while gazing in his eyes.

Become your man's biggest fan.

Summary of Principle #2: **Support His Pursuit of Personal Achievement**

Beyond the stereotypical desires for men to seek physically attractive women, men choose long-term partners based more on how you make us feel.

All other attributes: physical beauty, sexual performance, social status, career success are important to us, but are not sustainable for long-term relationship happiness.

What is sustainable and will open the gates to long-term love and happiness is how you treat us.

Come across ***needy, judgmental, dramatic, angry, overly sensitive*** or ***mean*** and no matter how good you are in bed, how attractive he finds you, how sexy your walk is and all those other stereotypical things that *DO* catch a man's attention- none of it will matter because he won't enjoy being around you.

Eventually he will come to his senses and either disappear, dump you or worse cheat on you.

The type of exit he chooses will depend on his personality and how much of a manipulative bully he finds you to be.

Principle #3: Respect Your Man or Lose Your Man

This third principle represents both ways that you could lose your man but also draw him closer.

Nothing rubs us men the wrong way more than when our woman crosses the line and insensitively says or does something to make us look bad.

Granted sometimes we allow her to go too far.

We might not stand up for ourselves because we want to avoid a fight.

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And some women see that as an opportunity to push forward and step over their boundaries.

Raising your voice, turning to guilt trips or manipulation tricks or worse creating an embarrassing scene in public or in front of our families will not work in the long run.

You might get the reaction you want right now.

But all those little stunts add up and lead to break up, divorce and with men who do not handle confrontation well, even cheating or at the minimum more fights and not...

...deeper emotional connection with your man.

Never lose sight of the overall prize.

Lack of respect and communication in relationships can take couples down the path of no return.

Psychological researcher **Dr. John Gottman**, calls this path [The Four Horsemen](#).

It's a metaphor for the Apocalypse and how a relationship passes through **four stages of relationship break down: *criticism, contempt, defensiveness* and *stonewalling***.

The lack of understanding of how you erroneously resolve your differences could kill your relationship and spell the end of it.

Learn to nip relationship-killing behaviors in the bud.

**(This could be helpful both ways. If your man is disrespecting you then you could save yourself from more frustration by identifying and addressing the problems).*

Let's look at the behaviors that could lead to losing your man AND also the ways to make him feel like you are the woman of his dreams.

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We'll start with the negative ones:

- Don't shove relationship roles down his throat.
- Don't tell him how to be a man.
- Don't tell him what's wrong with him.
- Don't belittle his aspirations.
- Do not create unnecessary drama just to get a reaction out of him and get your way.
- Don't tell him what he owes you.
- Don't define manhood for him.
- Do not resort to manipulative tricks to get what you want and make him feel bad for not giving you what you want.
- Don't compare him to exes or other men you know.
- No whining that he doesn't do enough for you.
- Do not belittle his family or friends.
- If you live together do not crowd his space where he stores personal belongings.
- Don't criticize or belittle him in front of others.
- Don't raise your voice to get his attention (especially in front of others).
- Don't mistreat other people around him.
- Don't attack his character.
- Don't use foul language to him or scold him like a child (even if you think he deserves it).
- Don't try to "improve" him (design him) in ways you need him to be if they are not what he wants just for your own benefit.

How to Show that You Respect Him

Do you have your man's best interests in mind?

If so, then you shouldn't have a problem with disrespecting him.

Disrespecting him, on his terms, is the fastest way to end a relationship or get cheated on.

Sorry, it's just what happens.

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No, I don't agree that disrespect merits getting cheated on, but I do think it merits getting dumped if not corrected.

We were fine before we met you and we will be fine without you until we meet someone who treats us well and respects us.

Just because we choose to be your boyfriend, doesn't mean that we will put up with behavior that belittles us and makes us feel bad about ourselves or causes us drama and grief.

Do you ACTUALLY know if you are disrespecting him?

Do you offend him without knowing it?

1. Show that You Have His Best Interests in Mind

Just like I mentioned in the intro, you want to keep his best interests in mind and show it.

Maintain this mindset and the rest should take care of itself.

Again, like mentioned in the other sections of this guide, we feel best when we can be the best version of ourselves.

And when does that happen?

When we mutually respect each other and do what's best for one another.

Follow along with the other two principles: **Make Sure He Knows that He Is Good Enough for You** and **Take Interest and Show Support for His Personal Achievements**, and respect should happen by default.

2. Come in Peace but Speak Firmly

Got something on your mind to tell him?

Do you have an issue that you'd like to bring up to him?

Don't let it linger, but don't attack him.

No matter how much you think his behavior warrants it, do not come looking for a fight.

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It will NOT work.

Likewise, it wouldn't work the other way around either.

It is well known in our world that women want to shape and design their men.

This may work for a while on a mild-mannered, meek man, but *NO* man will put up with loud-mouthed, pushy, bully women.

If you don't know what those kinds of women look like, then I'd recommend you find out.

Even mild-tempered men can only take verbal assaults for so long before they begin to despise you.

3. Be Vulnerable and Ask for Forgiveness

Any dating coach will tell you that displaying vulnerability is a key to connect with your partner.

It shows that you are open for love, that you will not raise a shield and push your man away.

It shows that you want to share and see a relationship ***as a team, a partnership***, not a one-sided, emotional monopoly.

When you hurt him, take responsibility for it, just like you'd want him to do for you.

If you feel like you have neglected him or not picked up on something he needs, then express it.

Ask him about it.

Don't act passive aggressively or just shrug it off because you fear a negative reaction.

Because I promise you if you neglect his needs too many times, or disregard his feelings enough, it will haunt you later.

He'll stop sharing his feelings with you.

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Instead he will hide and start creating a wish list- ***a list of traits that depict the ideal woman he would rather have.***

It's real.

Take heed.

4. Keep Expectations Real and Realistic

We find that many women confuse “being real” or “knowing what they want” with asking for too much.

Just scan through some online dating profiles and some brim with outrageous requests.

To some women, this is how you create value, or how you get a man to chase, which to an extent I agree with.

But know the difference between ***creating value*** vs ***turning men off*** in droves.

Here's one sign that you ask for too much.

If you have a long line of male admirers approaching you and asking you out, but they never stick around.

Instead they tend to leave you rather than you leave them.

Something isn't working in your favor.

Time to change your strategy.

And when you are a very physically attractive woman you don't need to worry about winning men, but losing them you do.

It could have to do with your self-esteem, or it could have to do with asking for too much.

Not sure if you ask for too much?

It's simple.

Just go back and study the first two sections and learn to apply them and make them a part of your natural self.

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But here are some common examples of *realistic* relationship expectation examples:

- Both of you will have time for each other but will spend time apart.
- Don't expect **constant** text messages, love letters or words of affirmations.
- Speak your mind, don't hold back details of what you're feeling. We cannot read each other's minds.
- Anticipate that your partner will unintentionally say something that will hurt you.
- Expect dull moments where things start to get stale and old. You'll just have to change and spice things up a bit.
- Don't expect your partner to always be able to drop everything they're doing to accommodate you.
- There will be times where we both have to interact with a member of the opposite sex. It's unavoidable. Perhaps it's best to set up some ground rules of acceptable ways to handle those situations.
- Focus on the moment. Don't over-plan for the future or you just might miss out on today **and the future never comes**.
- Our timing for sex and intimacy will be out of sync at times. One really wants it while the other feels tired or has got other stuff going on.
- You will disagree at times and it will not be pleasant.
- If he ever had a pattern of doing something that you liked, for example, bring you gifts or flowers, left you cute love letters on your car windshield, don't expect that he will keep doing it. And if he stops or does it less frequently don't assume that it means that he stopped caring for you.

5. Show Genuine Interest in His Family and Friends and Don't Criticize Them

The easiest way to respect his family and friends is to show genuine interest in them.

Learn about their interests and what's going on in their lives.

You don't have to become close intimate friends with them unless it just works out that way.

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But get along with them.

And above all, do not talk negatively about them to your partner.

If he does, he's allowed to, but you are not.

That's a quick way to lose points with your man.

If one of his family members crosses the line, then you can maturely and carefully discuss it with him.

6. Give Your Full and Undivided Attention When Speaking

If you were sharing a story that mattered to you, how would you want them to react?

How you choose to answer that is how you should react to your man when speaking with him.

You can't want to bond with him on a deeper level and then half-pay attention to him.

We can pick up on when our women consistently prioritize their own personal agendas over ours.

When they speak, they demand we pay attention to every detail, ***but how does it work when we are the ones sharing?***

Some women might blow that off and say, ***"Well, that's just how women are? We need to share all the details on our minds and we need you to listen."***

And maybe those same women even think that it's a cute trait.

But what's the whole point of this guide?

May I remind you again?

To develop AND maintain a deep emotional connection so that you become your man's best friend and lover to the point that you both can act and feel like the best versions of yourselves, right?

Then express that you truly care about what he is saying.

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We tend to reserve our thoughts and ideas for when it really matters most to share them.

Most of us don't chatter for the sake of it.

7. Compliment Admirable Traits About Him

Men often prefer to be respected rather than liked.

We take pride in the things we are good at and we want to feel competent and good enough in those skill sets.

And not just good enough for you as we discussed in the first section of this guide, but good enough to contribute to a team, to our community, families and friends and to society as a whole.

In short, we want to be recognized for what makes us most proud of ourselves.

Therefore, compliment your man on aspects of what he is most proud of about himself.

Yes, I understand that you don't want to raise a narcissistic, swollen-headed jerk, but learn how and when to compliment him so that he feels like you appreciate him for his better qualities.

The qualities I refer to here are not about how he treats you rather some of the qualities that he might need to achieve success in his goals and dreams from the second section of this guide.

Here are some examples:

- Ability to Handle Stress, Responsibilities
- Talents
- Learned Skills
- Problem-solving abilities
- Taste and Preferences (clothes, wines, restaurant, etc.)
- Attention to detail
- People Skills
- Intelligence
- Chivalry

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- Voice
- Physical Strength
- Vocabulary
- Efficient Manner of Accomplishing Tasks
- Thoughtfulness

...are just a few of many examples.

8. Ask for His Opinion When Making Decisions Together

If you are going to spend a lot of time together then you will come across the opportunities to make decisions together.

Unless you dominate those opportunities and try to make them without his input.

Yes, he will concede many of the decisions to you to make, but at least give him the chance.

And when you do, allow him to give genuine input, don't pretend to care about his opinion just to say that you asked for it.

The practice of making decisions together aides in sealing your bond together.

Couples regularly make decisions as a team.

People who date don't do it as often.

Here is a mix of examples of situations where a couple makes decisions together (married, living together or two people in a committed relationship):

- Choosing furniture or decorations for the home
- Any big purchases
- Travel destinations
- Vehicles
- House
- To move in general
- Pets
- Social Plans
- Investments

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- Donating or Lending Money
- Housework
- Children

...and so on.

9. Respect His Man Cave and Personal Space

We need to decompress.

And when we do, we need our space.

The responsibility of everyday life gets stressful.

This is not the time to keep us captive and rattle off all the stories from your day.

No matter how unfair you believe that to be, allow us to slosh off to our man caves first.

Whether that's an office, den, game room or even just the bathroom.

Timing is vital if you want us to actively listen to your conversations.

And often times right after we return from work is not that time.

10. View Differences, Disputes from His Point of View, Don't Tear Down

Want to make him feel respected and understood?

Assume that everyone has their own way of seeing things.

This is especially true when you face a dispute with two opposite view points.

If you take too hard of a stance and assume that he had selfish intentions then you risk escalating a dispute into an unnecessary fight.

If you assume that he wants to hurt your feelings than you will act defensively and likely go on the attack.

So, I beg you to not assume.

Instead find out the "why" behind his opinion.

What if his point of view actually made sense?

Respect each other's opinions, avoid lashing out.

Assume they have good intentions instead of selfish, greedy intentions.

It's better to take things at face value sometimes.

And if you are confused by what someone said or did then just ask them what they meant or why they did it.

And on a similar note...

11. Focus on Behavior, Don't Attack His Character

Don't pour gasoline on an open fire by labeling his behavior as something he "always" does.

This would attack his pride and demoralize his character.

No one wants to be associated with a destructive, negative way of being.

Instead isolate the one behavior or one-time action that you do not appreciate or disagree with.

If you isolate a one-time offense and explain how it hurts your feelings it's more likely that he will feel compelled to work it out with you.

Provide as many details about the incident and describe your feelings as much as possible and then move on.

If you make him feel like he has a character deficiency then he will feel alienated with no chance to reconnect with you.

It will break the **first principle** in this guide.

He will **NOT** feel good enough for you.

Instead he will feel like he displeases you.

What will result is that he hides his feelings in fear of rebuke.

12. Take Pride of Your Physical Appearance and Health

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Would you let yourself go and then expect to impress a man enough to ask you out?

No, right?

Would you show up for a job interview without fixing your hair? (Yes, this actually happens).

Again no.

Now I realize you most likely take pride in your physical appearance and wouldn't do any of these.

But on the off-chance that you get too comfortable and let yourself go too much, then what message do you think you are telling him?

You know that men value physical appearance, so don't make him feel like now that you have won him and he's yours that you don't need to impress him anymore.

Just like you want him to ***still bring you flowers, open doors for you*** or whatever you deem how a gentleman should treat a lady, do something nice for him too.

Return the favor.

Letting yourself go is a **form of lack of respect** and will **NOT** go unnoticed or appreciated.

13. Stick Up for Him, Have His Back

One fast way to alienate your man is to not have his back when he faces opposition.

This is not the time to think rationally.

He wants you to take your side just like his buddies would do...

...whether it relates to a work dispute, problem with a neighbor or friend, conflict with a company where makes a purchase or does business with, etc. (**unless** he is doing something disrespectful or illegal, of course).

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If you've ever seen a fight break out during a game between opposing teams you will ALWAYS notice that no matter what the cause of the fight, players take their teammate's side.

For us guys, teammates have your back- ***no matter what.***

And he sees you as his teammate.

At least that's how we view the women we choose for long-term love.

Partnership and a team are synonymous.

Summary of Principle #3: **Respect Your Man or Lose Your Man**

You can do all the ***other things*** right.

Support his ambitions, hobbies and interests.

Make him feel good enough.

But when you don't get what you want and decide to get bossy or cross the line, disrespecting him will bring everything crashing down.

Try to see his view point.

Don't assume he has bad intentions.

When you put words in your man's mouth not only will you get upset but he will feel violated and mistreated.

Above all ... *remember the whole point of this document.*

You want to find ways to draw him closer and connect with him on a deep emotional level.

Become his best friend, teammate and lover.

Don't expect all your expectations to be met when you want and how you want.

Rigid expectations lead to endless frustration.

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What Do You Think?

- *How do feel about my relationship guide here?*
- *What aspects of creating deeper emotional connection do you desire?*
- *Which areas do you find challenging?*

Please email me with questions, feedback or any issues you currently face with men at orlando@infidelityfirstaidkit.com.

Thank you for reading my guide,

Best of luck in your love life,

Orlando

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