

Tell Him This...

***When he pulls away to
bring him back to you***



By Scott Bassett

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About Me

Hi, my name's Scott.

I'm here to show you how men really think.

And how to talk to the man you love so he understands the feelings you have for him.

Like really understands and feels them.

So he opens up and commits to you for life.

This isn't super easy to do.

But if you stick with me here and do what I show you.

It will happen for you.

Now let's get started!

-Scott



Start here first. This is the truth...

I consider him pulling away from you an emergency situation. So this is an “emergency report” for you.

I’m trying to rescue you from this situation, by showing you how to rescue yourself. To get him to feel a magnetic pull to you, even though he’s pulled away.

But to do that, I have to speak truthfully, which means I may offend you.

I have to tell you what’s really going on in his head, and show you what to say and do so he understands you.

That may mean you’re doing something wrong and I have to point it out.

Or it may mean you’re not doing anything at all and it’s just him.

Either way, I can only change your behavior and not it affects his behavior.

So whatever I show you, don’t be offended. You’re trusting me to tell you the truth, so that’s what I’m going to do.

I know this is scary, and you’re probably scared.

That’s okay. Take a deep breath and proceed.

Because it isn’t over yet.

This is actually an opportunity to show him how you handle yourself.

Don’t be bitter. He’s probably not manipulating you.

He’s going through something and this is how he handles it. It’s normal.

What’s not normal is what you’re going to do.

You’re not going to freak out or panic.

Or smother him and demand answers.

You're going to handle it and take it one step at a time, and even be okay with it.

And your strength will be magnetic to him.

Your actions are as important as the words you say in this case.

How you carry yourself when he isn't acting right shows him how strong you really are.

So that's what I need from you: your own powers of self-control.

You have to do what I say and nothing else

Normally, you can share what you're thinking and feeling with him. You can tell him everything.

Right now, you can't. We have to hold it back just in case something like that is why he's pulling away.

So there's going to be space between you both. There's going to be silence.

And you're going to be okay with it.

It's going to that impress and relax him.

Because he takes actions more seriously than words, so when your actions line up with your words, you're showing him you're the real deal. You're someone he can trust and be with. You're strong, and that's what draws him to you.

What you must do now before you do anything else...

When a man pulls away, don't reach out to him.

Stop.

Yes, stop. Stop first, and don't do anything.

Even if you don't understand what he's thinking yet. Don't look for answers. Don't ask him anything.

Back off, take a deep breath, be calm and only talk if he wants to.

Be able to leave him alone without worrying.

Believe it or not, this shows your respect for him

Most women don't respect him – they may adore him or even worship him – but he doesn't feel their respect.

You show you understand him by not pursuing him or crowding him.

And you demonstrate your strength by not panicking or freaking out. By not changing under pressure or just to appease him.

Men only understand action and proving yourself through it.

Not making demands of others.

Also, assume nothing. We don't know what's going on yet, and we're okay with that.

It probably feels like you're doing nothing when you should be doing something, but that's not the case.

Show him you're okay when everything isn't okay. This is something he needs to see you can do.

You can do this.

You care about him, but you're also okay without him. He can do what he feels like right now and it doesn't turn your life upside-down.

Why he's pulling away...

There are only 3 reasons this is happening...

1. Because of you or something you did.
2. Because of something else that doesn't have anything to do with you, like something happening to him.
3. Or because he's not interested in you, or he likes someone else.

Don't panic.

Most of the time it's not because he met someone else.

But even if it is, you still have to play it cool. Trust me, this is going to help you so much in the long run.

What to say to him...

So obviously, we can't control him. We can only control our response to him.

And some responses are better than others, by a lot.

When he pulls away, no matter the reason, we don't want to freak out.

But we still want to find out the reason.

So we're going to bring it up but not drive hard at it.

Under no circumstances are we going to try to make him talk.

He doesn't have to talk if he doesn't want to.

You can ask him to tell you what's wrong, once, but don't demand it or try to make him.

"I feel like there's some space between us."

"To be honest, I don't like it. But that's okay."

"If it was something I did, please tell me."

"If it's something else, I'd like to know, but I know it's not my business."

Don't even say "please", just use totally straight, neutral language. Be almost non-emotional. Set emotions aside for the moment.

"If I did something wrong/you didn't like, just let me know. It's really okay."

"I want you to tell me if I did something you didn't like."

"You can tell me if I did something wrong... if you want."

"You don't have to tell me what's wrong, but I'd like to know if it's okay with you/when you're ready to tell me."

Never demand an answer, just tell him what your concerns are.

And only tell him once, then leave him alone. He gets it the first time.

If he's not clear on what the problem is, space is best.

"I won't bother you about it again."

"That's all I wanted to tell you/say. You can talk about it when you're ready, or not."

Show that it's okay whatever he decides to tell you. Let him take all the time he needs and really mean it by showing it with your actions and being okay with it.

Then don't check in with him again until he says something.

He can reply when he's ready or not.

That's how we have to approach it.

In this situation, the fewer words you use, the more you say with them.

Men aren't like women. He probably doesn't want to talk it all out with you right now.

If he does, great, and he can tell you.

But if not, that's fine too. And you have to be fine with that.

"I'm fine with whatever you decide to do/however you handle it."

"I just care about you and want to know what you're going through. That's all."

"I just want you to know that you're important to me and I care about what you're thinking."

"I wanted you to know that I'm here for you, if it means anything."

I don't want you to say this:

~~“Just in case it was something I did, I’m sorry.”~~

No, don’t apologize over anything until you know what’s wrong.

Even then, don’t apologize for yourself for just offending him. Just acknowledge it for now.

If he starts talking...

He may start talking to you now. That's great.

Remember that even when he's telling you things, like why he's upset, he may not want or need a response from you.

He may not be asking you to stop doing something or change.

He may just want you to listen to him and understand what he's going through.

You just have to acknowledge what he's saying, it doesn't mean you need to have an insightful response.

Just show him you're listening.

"I understand what you're telling me/saying."

"So you feel that [CLARIFY HIS SITUATION]?"

"I think understand that [RECAP WHAT HE SAID IN YOUR OWN TERMS]."

Remember, don't apologize by accident or as a gut instinct.

If he doesn't want to talk but says why...

This is good because it's an opportunity to show how much better it is being with you than other women.

Don't bother him.

Don't act cute, sad or out of character.

Don't pull away from him to get him back.

Just be neutral.

Show him you can take all pressure off him without a problem.

That you know something is bothering him but you don't have to dig or pick at it to get an answer, because you're okay not knowing.

Most women simply can't do this, so you're going to stand out by the fact that you can.

1. If it is you or something you did...

You can change it, but don't offer to do that immediately.

Don't assume you have to do anything yet, just listen to him.

Have him tell you about it.

“What can I do?”

“What would you like me to do differently?”

“What would the easiest solution be?”

“In an ideal world, how would you like it to be/what would be different?”

We're making this a little impersonal. We're talking about hypotheticals because we're detaching it from your feelings, but not his. So he feels he can tell you how you're bothering him without you getting defensive from feeling like you're being attacked.

Once you've reached this point, let him tell you what's wrong and what's bothering him, and let him tell you everything. This is important, because you're showing him you don't take everything personally, which puts him at ease.

And by the way, even if you did something to bother him, it may still not be personal at all, so don't take it personally. It may be his fault or have something to do with him, we're just showing him he can talk about it and it's okay.

Most importantly, we need to get to where he can just tell you what's bothering him without pulling away.

“If something’s bothering you, just let me know, even if we’re in a good mood and having a good time. I want to know if something’s wrong, especially if it’s something I’m doing.”

Being able to have a conversation about something uncomfortable is a key to his heart. He needs to express how he’s feeling without having a bad fight or falling out.

This is the glue that defines and holds your relationship together. It’s a bond.

If he can tell you anything and you don’t get offended, even if it’s upsetting, he’ll be inclined to tell you everything and open up to you.

We want to stay reasonable here. Men are skittish in relationships by nature. If there’s something you do that bothers him and he wants you to change, we can do that, so long as it’s reasonable and not controlling or overbearing.

“I don’t mind it, I can change.”

“I can do that, no problem.”

“I’ll do that for you, just let me know in the future/from now on what’s bothering you, okay?”

“I’ll work on that, and you just tell me if/when something’s bothering you, okay?”

You understanding him is probably more important than changing for him.

Don’t make a big thing of it.

“I don’t want to do anything you don’t want to do.”

Here’s another key with men:

Forgetting all commitments and obligations.

As hard as it is, whenever he’s having a “pull away” moment, forget talking about your relationship and just talk to him without any pressure or emotions but his own.

Don't assume he doesn't want to be with you either. Men hate that.

They hate for things to fall apart and to upset you just because they feel bad right now.

"If you're doubting anything, it's okay."

"I want you to be comfortable more than anything."

You may not need to do anything else.

Be calm. Try to always be calmer than him when he's having a problem.

2. If it's not you...

I guess you don't have to worry anymore.

But don't relax just yet and accidentally overwhelm him.

This is your chance to show you "get" him, and if he has a problem, you can work through it together.

"Why does it/that bother you?"

"What about _____ bothered you, if you don't mind me asking?"

"If it's alright with you, can you tell me why that bothered you so much?"

If it's really obvious why it got to him, just console him through it, but don't baby him.

If he doesn't want to talk and doesn't say why...

This is scary but not that unusual.

He could be angry or offended about something and just can't bring himself to talk about it.

We still don't know if it's you, so we're not going to assume anything.

"I'm going to leave you alone now. If you want to talk about it we can and if not, that's fine too."

"Don't worry about it. I won't bother you."

"I'm willing to talk when you are, but if you don't want to that's fine too."

"I'm going to leave you alone now but I'll be thinking of you, and wishing/hoping the best for you."

"Whatever you're going through, I'm here for you if you need me."

"I care about you and I want to know what's wrong. If you don't want to tell me, that's okay too."

That's where I would leave it until he reaches out.

Don't issue ultimatums, but don't be afraid to be firm and put your foot down. Notice how I'm telling him to be forward and straight with you, but only when he's ready. That's straight shooting, and he'll probably like it.

Remember these things...

1. Stop, take a deep breath, step back, don't be afraid and be okay with leaving him alone.
2. Be understanding without probing, and be calmer than him.
3. Don't give him too much to deal with, only you. No big apologies, overtures or maneuvers. None of this should be dramatic. Don't be deathly serious, either.

Just take it as it comes.

And that's it.

If you're in a desperate situation with a man you don't want to lose forever, click here now...

[Exactly what to say to him now so he only loves you forever...](#)