

Women that feel most understood and truly loved by men when they ...

5: Being reliable and consistent, hold every agreement as sacred

As the saying goes, actions, and behaviors, speak louder than words. This is especially true when it comes to building strong relationships with our partners. If you want to show a person that you value them and respect their time, it's important to be reliable and consistent in your actions and behaviors.

Unfortunately, many men fall short in this area. They make promises they don't keep, cancel plans at the last minute, and disappear for days or even weeks at a time. This leaves partners feeling undervalued and disrespected, and it's no wonder that many women are turned off by men who are not dependable.

What does it mean to be reliable and consistent in a relationship? Essentially, it means that you are a person of your word. Agreements equal intimacy, intimacy equals reliable agreements (90% of the time). When you make a promise, you follow through on it. When you plan a date, you show up on time and ready to engage. And when you say you'll call or text, you actually do it. (90% of the time your reliability creates safety)

Being reliable and consistent is easier said than done. Life is unpredictable, and sometimes things come up that are beyond our control. And if you want to build a strong relationship with a partner, it's important to make reliability and consistency a sincere priority.

One way to do this is, to be honest, and upfront, honestly with kindness, about your availability. If you know you have a busy week ahead, don't make plans with your partner that you're not sure you can keep. Instead, be clear about your schedule and work together to find a time that works for both of you. Say your truth without shame or blame. Agree to only what you can do, not what you think your partner wants.

Another way to demonstrate your reliability and consistency is to be proactive and clear in your communication. If you know you're going to be late for a date, don't wait until the last minute to let your partner know. Instead, give them a heads-up as soon as you can, so they can adjust their plans if necessary.

Ultimately, being consistently reliable is about being a person of "integrity". When you show up for your partner in the ways that matter most, you demonstrate that you value their time, their feelings, and your relationship with them. And that's something that can't be faked or overlooked.

So, if you want to be the kind of man that women feel understood and loved by, make reliability and consistency a top priority. By doing so, you'll not only build stronger, safe relationships, but you'll also become a person that people can count on in all areas of your life. Remember, agreements are the backbone of your intimacy.

Life doesn't make sense without interdependence. We need each other, and the sooner we learn that, the better for us all. - Erik Erikson