

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

## **3. Having a Listening ear and understanding mind that's better than problem-solving.**

How do we support our partner when they come to us with their problems? We often immediately try to solve them, only to get frustrated when our advice isn't taken. The conversation ends in disconnection.

Many of us as men believe that the best way to show our partners that we care is to jump into problem-solving mode, a righting reflex. What women really need is not a problem-solver, but a person committed to listening deeply and empathetically and understanding.

We think that women want a man who can take charge and solve problems, a man who is strong and not a pushover. You're right that no one wants to be with a person who lacks confidence. Women do want to be with someone who is sensitive, empathetic, and not dismissive of their emotions.

The truth is, emotional connection is just as important as problem-solving in a relationship. When your partner comes to you with her suffering, she's not always looking for a solution. Sometimes, she just needs to be seen, heard, and finally understood.

What can we do to have better emotional connections with the women in our lives? Simply listen deeply and empathize with a goal to understand. Even if we can't solve her suffering, we can still be there for her by validating her feelings, offering a listening ear, and being emotionally supportive.

Of course, this doesn't mean that problem-solving and advice are never important. It does mean that you need to be mindful of the needs and emotions of the person you love and be willing to adjust your behavior to fully support her. By doing so, we can create a strong connection and a supportive, loving relationship where the person you love feels comfortable expressing her emotions and seeking our support.

Hopefully, this message will encourage all of us as men to be better listeners and to emotionally connect and support the people we love. By doing so, we'll be showing them that we are the kind of person who truly understands and loves them.