

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

## **4. Having this mindset that makes it easier to enjoy meaningful relationships with women**

When it comes to building strong, healthy, compassionate relationships with women, there are two mindsets that can make all the difference: radical acceptance and honesty and integrity. It's not enough simply to support a woman's feelings or to tell her what you think she wants to hear. True respect involves being honest with kindness, even when it's uncomfortable or challenging.

Why is this so important? For one thing, it's a sign of being an adult and of radical acceptance of their perception. Women are attracted to empathetic men who are honest, and vulnerable with their thoughts and feelings. It shows that you're willing to take risks for them and be open-hearted, which is an important part of a healthy relationship.

But there's another reason why honesty with kindness and integrity are so important: they allow you to build deeper, more intimate connections with the woman in your life. When you're able to communicate honestly and open-heartedly, you create a foundation of trust and compassionate understanding that can lead to a more meaningful emotional relationship. You're able to share your thoughts, feelings, and experiences in a way that feels empathetically authentic and genuine, which can help you build a stronger connection with your partner. This creates a biological stimulus that helps your partner feel like they matter and their own confidence increases.

Of course, being honest with kindness isn't always easy. There are times when you might be tempted to avoid challenging conversations or to not tell the full truth to avoid potential conflict and to spare your partner's feelings. And in the long run, this kind of behavior only leads to resentment. It's better to be clearly honest, even if it means having a challenging conversation or facing your uncomfortable felt sense.

So what does it take to cultivate this mindset and skills of honesty with kindness, radical acceptance, and integrity? One important step is to focus on compassionate understanding and deep respect. When you prioritize these qualities in your relationships, you're more likely to approach challenging conversations with empathy, compassion, and radical acceptance. You are able to see things from your partner's perspective and to communicate in a way that feels respectful and understanding.

Another key is to be willing to be courageous. When you're honest with kindness and vulnerable, you are putting yourself out there in a way that can feel scary or uncomfortable. It's worth it to love well because this allows you to build the magic of

connection with your partner and create a more meaningful, intimate relationship. It's living with great compassion, radical acceptance, and extraordinary courage. Courage is the energy of faith.

The truth is, if you want to enjoy meaningful, intimate relationships with women, it's important to prioritize honesty with kindness and acceptance of how it "lands" on her. By focusing on deep understanding and significant vulnerability, you can create a foundation of trust and build deeper, lasting connections. So the next time you're faced with a challenging conversation, remember: courageousness and honesty with kindness and radical acceptance is the best choice. It is a choice toward loving well.