

White Report #1

25 Secrets Men Don't Want To Tell You (that you can use to better your relationship!)

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INTRODUCTION

Everyone has secrets: things they don't want the majority to know in order to keep up appearances; things that may be too horrible to mention; or things that are just plain "none of your business!" However, when it comes to those in relationships, there are even more reasons to keep mum about certain things. First of all, we don't want to intentionally hurt those we love. We'll lie for that. Secondly, most of us prefer smooth sailing in our relationships. But this isn't always possible, and "fights" will occur between couples. Many of us don't like conflict, so we'll lie to avoid it. For men, this is a major reason they will lie to their women: to keep things peaceful at home. One of the ultimate reasons men lie is to keep their need for freedom in tact: freedom to do as they please; freedom to just BE. Many women try to take freedom away from their men so they can "be as one." Men will inherently resist this and will lie to fiercely guard their freedom. For the most part, these lies are harmless. You may not agree and you may think "if he lies about one thing, he must be lying about many other things...and dishonesty is unacceptable!" However, the fact is: there is nothing you can do to stop it from happening. It's in their DNA. Remember the saying "What you resist persists." The more you try to stop a man from being who he is and wants to be, the more lies he will tell and the more he'll pull away from you. Learning the most common secrets a man keeps from you and using them to your advantage will pay great dividends in your relationship. As you accept him for who he is, you'll find him feeling safer to show you his true self. As a result, your relationship will become more honest over time. Now, here are the secrets:

1) **MOST OF THEM MASTURBATE OFTEN** Surveys show that men masturbate between 315 times per week (citation 1). They don't want to tell you how often they masturbate because they know it will probably make you feel bad or upset you, thereby causing a confrontation with you. Many women think that if their man is masturbating, it means they are not enough or not good enough for him, or that if it's done with porn, it's a type of "cheating." Sometimes men won't tell you because it could be that they were brought up to think it was a bad habit, looked down upon, etc. Whatever the reason, science shows that because of man's built-in irresistible desire to procreate, they are driven to have sex and masturbate often, or as often as they can (citation 2). Masturbation can happen whenever sex is not available (either their partner is not around or they don't have a partner) or when the desire becomes strong (or they need to relieve stress), and there is opportunity (i.e., there is

privacy; there is some visual/aural input that turns them on). So, how do you deal with this if it bothers you? If this is just a case of normal masturbation and it does not interfere with your sex life, you should just accept it as normal, since it's doing no harm. Usually, a man does not connect his masturbation with love or attachment to whomever/whatever he is masturbating to. So, you should have nothing to worry about there. If you happen to see the material he is masturbating to, you might take note of sexy clothing, shoes, hairstyles, makeup, and poses/sexual positions he might be looking at to see if you could get some ideas for the next time you are intimate with him. Lastly, if you can't beat him, join him! Start masturbating with him either in the bedroom or wherever he looks at porn. The more you do it with him, the less likely he will want to hide it from you, and on top of that, mutual masturbation can lead to an even more exciting sex life!

2) THEY'VE PROBABLY FANTASIZED ABOUT HAVING SEX WITH YOUR SISTER(S)

AND/OR FRIEND(S) Let's just say you LOVE apples, and you are standing near apple trees in an orchard. When you are going to grab an apple from one of the trees, you're going to choose the best one that's nearest to you, right? That's what we call "the low-hanging fruit." Well, it's the same when your guy is with you, and he meets your sister(s) and friend(s) (the apples closest to him in the apple orchard that he hasn't "tried" yet). Other girls walking by that he doesn't know are the "out-of-reach" apples, but once your sister(s) and friend(s) are acquainted with him, he has access to them. In other words, they're the "low-hanging fruit." He will probably be really nice to them if he's attracted and maybe even flirt a bit, and he may have sexual scenarios playing in his head about them. But if he really loves and values you, he isn't going to leave you for them. Men need lots of stimulation from the world, and they will get it all the time—from magazines at the checkout counter, pretty girls walking by, porn on the internet, and they will imagine your sister(s) and friend(s) in bed with them. There is nothing you can do about these things, but just accept them as natural fantasies for your man, and trust that he isn't going to act on them, if he is committed to you in a monogamous relationship. If not, and/or he goes too far, he's not the man for you.

3) THEY'LL KEEP TRYING FOR THREESOMES Threesomes of the FMF type are described as the ultimate male fantasy, mostly because it gives a man the variety and ego stroke he craves sexually (citation 3). Secondly, a man hopes the two women will also have sex with each other so he can watch, as men love "girl-on-girl" action. If you are secure and have a lot of trust in your relationship, then go ahead and indulge him. But if this isn't your cup of tea, at least be a good sport and joke about it with him lightly, because he'll never stop begging for it. (Some joking I've heard about it between couples (done with a smile, of course): "In your dreams!" "Well, you'll have to reciprocate by letting me invite another man in!" "Oh, you think you're a stud, do you?" "I can't take you anywhere, can I?" etc.)

4) THEY'LL DO WHATEVER YOU WANT IN BED More often than not, it's the man in the relationship who craves sexual variety, and you can give it to him without involving other women. All it takes is some imagination, and if you don't have that, borrow it—from magazines, articles online, and books on sex, or even from your friends. Men have been known to have some of the wildest imaginations when it comes to sex (and the porn industry has also fed their lust and imaginations), so there's probably not anything he wouldn't do in bed if you just ask. So, go for it!

5) THEY WANT YOU TO INITIATE SEX When men are in a committed relationship, things can become routine in the bedroom. The sense of excitement and adventure that happens in the beginning of a relationship wanes. The "newness" is gone. In the beginning, a man is expected to be the pursuer, the aggressor, the one making all the moves to seduce the woman. After he is committed to her and things get "comfortable," she or he (or both at the same time) stop trying to seduce each other, because it's territory that's already been conquered. A man's ego is tied into his sex appeal. He wants to know he's still "got it going on." Nothing strokes a guy's ego better than a woman who wants him and goes after him in the bedroom. So, once in a while, think up a hot plan to seduce him and let him know he still lights your fire. This is also a sure way for him to reciprocate, thereby making you feel wanted and loved all over again.

6) MOST OF THEM WANT TO TRY ANAL SEX It bears repeating: when it comes to sex, men are usually the ones with the wildest imaginations and most lustful thoughts. They'd love to try just about anything with you that they've seen in the porn industry (or in their own heads), but know that it will probably never come to pass. Anal sex is about the most innocent of the "dirtiest" things they could do with you in the bedroom. So they want to try it with you. Why? It's taboo, so it gives them a thrill to be so naughty. It's also a good, tight feel for them to have a mind-blowing orgasm. Also, if they're worried about pregnancy, they know it can't happen this way, so it's "safe." If this is something that you feel hesitant about due to pain and "dirtiness," you might want to read up on the best way to prepare, via the internet or some friends who have tried it: lubrication is very important, as is proper cleaning before and afterward. Some women will even go so far as to do a colon cleanse the whole day long just before, as if getting ready for a colonoscopy. Some others make it only for special occasions, such as on an anniversary. But if anal sex just isn't something you're going to do, you may be able to try a different "dirty" fantasy of his...or even let him do it to a "Real Doll" (lifelike blowup doll). Giving in to some of his fantasies could bring pleasure to you both, you just have to experiment.

7) THEY DO NOTICE ALL THE PRETTY, SEXY GIRLS WALKING BY Because men are visually wired, they are programmed to notice the feminine figure and a pretty face (citation

4). It ties into their instinct to procreate as much as possible with a variety of women. You may notice them doing this when they are with you. They aren't trying to be inconsiderate or selfish. They just can't override that instinct to look. It doesn't mean they wish they could trade you in for the other woman. It's just their appreciation for all the variety of women out there just as you might appreciate a multitude of flowers or birds, only without the sexual drive. If it bothers you because he is doing it very obviously (whipping his head around and commenting "wow, look at that!"), you should tell him how it is disrespectful to make it obvious in front of you. Usually, that's all it takes for him to take it down a few notches, if he cares about and respects you. Then, when he gives inconspicuous sideway glances to another beauty walking by, you'll know it's in his nature, and you can laugh it off. Yes, he can look, but you're the one he goes home with.

8) **THEY WANT SEX ON THE FIRST DATE, BUT YOU SHOULDN'T DO IT.** There's that age-old sex drive again. It pops up most strongly at the beginning of a relationship, even on the first date. Men have trouble turning it off and they love the thrill of conquering some new challenge. You can do it if you want to, but it's better not to, if you want a long-term relationship with him. A drawn-out seduction will feed the relationship better than going for it right off the bat. He will be frustrated at first for not getting what he wants, but in the long run he'll respect you for waiting. And if he is only after sex, you'll find that out soon enough (probably by the fourth or fifth date—if he only wanted sex, he would probably leave by then), and that's probably not the kind of guy you want, anyway. But don't be alarmed if he tries for it. He could still be a long-term potential in the end.

9) **THEY'RE HIDING THEIR PORN** Why do so many men (a majority) need to pour through nude pics or videos and why does it bother their partners so much? Again, it's because men need variety in their sex lives, and they need adventure. What better way to "get" it when it's just virtual reality. This way, they get to see what they like to see, and they get to get off easily without the work or criticism that can happen in the bedroom with their partner. It's easy, selfish release. Men need it due to testosterone levels that can make them edgy, cranky, and downright mean. They also need it for stress release from a hard day's work. Women don't like it because it makes them feel as if they are "not enough." Some women think it is the same as cheating. But really, a man is just feeding his sex drive and you can use this to your advantage. As long as he is not addicted to porn and looking at it all day, it can be a healthy way to ramp him up for some fun with you later. For the addict, get counseling, or find someone else if you can't handle it.

10) **THEY'RE NOT GOING TO TELL YOU EXACTLY HOW MANY WOMEN THEY'VE SLEPT WITH** Obviously, if experienced men give you their exact number, there are going to be repercussions, in the form of twenty questions (of the jealous kind). Many women have low self-esteem and will want to know what kind of women he was attracted to in the past,

what kinds of things they did in the bedroom, what kind of relationship they had, etc., comparing themselves to the others, and wondering where the relationship will go. Men hate confrontations in relationships and will do anything to avoid them, including lying about past women. This topic is best left off the table. As long as he doesn't have a sexually transmitted disease and/or is not only looking for sex with you, why should you worry? Focus on the present and your current reality. That's all you've got. Make it positive!

11) THEY'RE WORRIED THEY WON'T SATISFY YOU IN BED One of the biggest fears a man has in a relationship is that his woman will leave him for another man who can do a better job than he does in the bedroom. If you have trouble reaching orgasm vaginally, your man can see that as his fault, due to bad technique, short endurance, or a penis size issue. You can ease his anxiety through communicating what you like done to you and how. You can also let him know that vaginal orgasm (or any orgasm) is not necessary every time in order to enjoy the experience. Just complimenting him on whatever he's doing to you can go a long way to assuaging his fears and making him feel competent at pleasing you. Sometimes, all that's needed for a woman to finally orgasm is a lot of buildup time in foreplay. In addition, some women find they can have a great vaginal orgasm if they can have one or two of them ahead of time during foreplay through clitoral stimulation. Experimentation is key. Again, be positive!

12) THEY'RE HIDING TEXTS FROM OTHER WOMEN A big part of what men fear in long-term relationships and marriage is the loss of freedom (see Secret #16) to do what they want, when they want, with whom they want. Obviously, a good man knows that when he is committed to one woman, his freedom to date and have sex with others is off the table. But then eventually—ding! In comes a text from an old flame or even a new female friend, and he takes part in the banter with her, sometimes a bit flirtatiously. He probably doesn't even tell her he's "taken," mostly because "the topic didn't come up." Most girls will observe "girl code" and not be making time with someone else's guy, but many (with low self-esteem) could care less and will chase any man, taken or not. If your man is taking part in this, he's just enjoying the ego stroke of being appealing to more than one woman. He isn't going to tell you that and cause a confrontation. If he's committed to you, he's not going to take this flirtation seriously—it just makes him feel good. And it may just be innocent conversation between friends. At any rate, what you DON'T want to do is stick your nose in "his business." Don't snoop in his phone, don't ask who is texting him. You just need to concentrate on YOUR relationship with him and you need to let him see that his "freedom" isn't threatened. Be easy to be with. Sure, lots of guys do this to keep their options open, but he's with YOU, and you are better than those other girls because you don't chase men down on the phone (or otherwise), right? You're above that.

13) THEY NEED YOU TO GET TO THE POINT IN CONVERSATION It's a fact: men and women communicate differently. For the most part, men talk to exchange information; women talk as way to bond. Therefore, men are brief and direct, but women are long-winded and indirect, because they like to set the scene, give background information, soften the emotional blow that might be coming, be polite, etc. It's fine for you to talk this way with your female friends, but when communicating with your man, this will only frustrate or bore him, so you need to get to the point as soon as possible. If you find your man tuning you out a lot, try prefacing your important point with "this is important—do I have your attention?" Then, give him the bare bones of the matter. And if you are just venting, tell him that beforehand, as well (otherwise, he will think you've got a problem he needs to help you solve and will start giving you unsolicited advice, which you probably don't want at the moment).

14) JUST TELL THEM WHAT YOU WANT Another thing that bears repeating: when communicating with your man, be direct. Tell him exactly what you mean and exactly what you want, no beating around the bush or hinting. Men aren't wired for guessing what you hint at or trying to read your mind. They usually don't try to "read between the lines." They especially don't like it when women start sentences with questions like "why don't you," "how come you never," etc. This puts them on the defensive and will squelch any plan you had to try to get him to do something for you. Better to just say it: "I need some time with you," "I could use a hug," "Let's do X," "Could you please help me with X?" "Tell me what's bugging you today," etc.

15) THEY NEED TIME AWAY FROM YOU REGULARLY Did you know there's a scientific reason men need to get away from their women at times? It's true—when men are around women (and babies) for too long, their testosterone level drops and they start to feel depressed, anxious, and irritated (citation 5). They don't know this is why they feel this way; they just feel they have to get away. This is when they will: go golfing (or play/watch any other sport), go to a men's club/retreat/bar, go for a drive without you, or even go into their "man caves." This time apart from you is important, not only so that they can build up their testosterone levels, but also to get back that part of their soul that is the essence of who they are—that "something" everyone starts to lose a little bit when they are in a relationship. Women also need time away, but it's not quite the same as a man's need to get away. Women like to get away to bond with their female friends and would be wise to keep a circle of female friends when they are involved in a relationship. When your man starts to pull away due to the angst of dropping testosterone levels, you can misread his actions. You might get scared or anxious that you're losing him, when really, he needs to pull away, regain his manhood, reenergize, and then come back to you, fully refreshed and ready to be there for you once again. Having your circle of friends to turn to (and your own

hobbies and free-time fun) when he leaves you alone will get you through it and will re-energize you as well. Letting him have this time away from you will also ease his fears about losing his freedom in the relationship. You will both be better for it.

16) THEY'RE AFRAID OF LOSING THEIR FREEDOM IN COMMITMENT AND/OR

MARRYING THE WRONG WOMAN To a man, the word “commitment” doesn’t just mean giving up all other women for that one special woman, but it comes with a whole host of fear-inducing sacrifices and possible life-destroying problems. When a guy commits to you, he’s not only promising to have sex with only you, but he’s putting faith in you as a partner and friend. The problem is that many women keep a “mask” on until they are married. Then suddenly, they change into someone the guy doesn’t recognize and if he doesn’t behave as she wants and do what she says, he can land in divorce court and have all his hard-earned money taken away and his life in shambles. And even if you do not turn out to be a monster, he still has to deal with “coupledom”—doing most things together, making sure he makes you happy even if he is not, sharing space with you, and checking in with you to make sure he has approval for whatever he wants to do. It’s a lot of freedom and independence to give up and a huge risk for him financially, so it’s no surprise he is reluctant or too afraid to commit most of the time. The best thing you can do is not pressure him and be easy to be with; hold on loosely. Though you might not agree that living together is a good test of the two of you as a couple, you might want to try it, but only if you have the finances to walk away if it doesn’t work or if you hope to get married and you don’t want to wait too long for a ring. It has been said that if you live with a guy more than 3 years and he doesn’t propose, he probably isn’t going to. It’s not true in all cases, but it could be a good guideline for you if you’re looking for a husband.

17) THEY MISS THE DAYS BEFORE RESPONSIBILITY SET IN (AND IT WILL SHOW

SOMETIMES) Everyone reminisces about high school or college days, when they had time for fun and relaxation with friends. Men especially miss the time they had to play with “toys,” such as their special interest cars, video games, etc. But then fun gave way to working and responsibility, and life got sucked away. Men have an especially hard time “growing up,” because their worth is heavily tied into what they earn, and responsibility can be a real killjoy. As they earn more, they then want to display what grownup toys they have, such as a house, boat, large screen TVs, etc. They also know that most women judge a man’s worth by his wallet, so men try hard to earn a lot of money, because they want that “honey.” Pretty soon, as a man earns more money, he sees it disappearing into loans, mortgages, bills, gas, car maintenance and dates. Also, there is always the threat of job loss hanging over him, which can be devastating if it happens. This wears him out and he misses the days of fun and relaxation. This is when a woman might see her man buying and doing things that seem unnecessary/irresponsible or out-of-character, like coming home

with odd, expensive memorabilia or suddenly starting a garage band at the age of 40+. Don't worry, this is just a cry for some of what he lost in his youth and does not mean he wants to leave you. Just let him have his fun as long as it doesn't break the bank or default on the mortgage. In fact, smile/laugh about it and/or enjoy it with him! (Note: this could include his thinking about old girlfriends and talking about them. Don't fight about it. You had exes too...just join in with your own "ex" stories. Have a good walk down memory lane WITH him. Even though it is best to focus on the present, sometimes if you can make him feel at ease with his past, he can get it off his chest finally. This will make him see once again why he made a good choice to be with YOU now, which brings his focus back to the present.)

18) THEY WANT TO HELP YOU SOMETIMES, EVEN IF YOU DON'T NEED IT Two of the things men need in relationships are to feel needed and to feel like a man. These days, women are very independent and don't want to feel like they need a man's help, but it will help your relationship if you let him do things for you once in a while. Let him fix things around the house; cook for you; kill bugs for you...whatever. It will make him happy to do these things for you (and be sure to show appreciation), so let go of a little of your independence around him for the sake of your relationship. If your man doesn't feel needed, he may wonder why he is bothering to stick around.

19) ULTIMATUMS DON'T USUALLY WORK (Even if they do, they may be temporary) It's a well-known fact that most women are in a race to the altar. For some, it's because they want to start a family. For others, it's a status thing: being called "wife" is almost equal to being called "princess." Many women don't feel worthy unless they get that ring (tiara), that white picket fence and house (royal palace), and a Prince Charming (husband). If they remain unmarried, they may feel they are looked down upon by society, aren't "keeping up with" their married friends, or they may be seen as "used goods." So, they get into a serious relationship and the clock begins ticking. One year, two years go by, and no ring appears. The woman begins to feel cheated out of her "entitlement" or she feels she's being kept "until something better comes along." After all, she gave up her time, her body, her heart in exchange for a promise of a lifetime. So, she has "the talk" with him. More time goes by and still nothing. Now comes the ultimatum: marry me or I'm leaving! The only problem is she's not serious. She couldn't leave him and all she's put into the relationship and have nothing to show for it. And he's a man: he doesn't want to be told what to do or be pressured into something he's not ready for or doesn't want. Result: Stalemate, and more waiting. Resentment builds on both sides. Or worse: he marries her, which makes her happy temporarily. The marriage goes downhill almost immediately because he felt forced into it. Or the marriage drags on for years as kids are born and raised in a sour environment. Is this what you want? No! So, don't do it! Don't give an ultimatum unless you ARE serious and

ARE ready to leave, because that's probably what you'll have to do. Better yet: NEVER give an ultimatum. You don't have to. You are worthy of your greatest desires, marriage included. YOU decide what you will and won't settle for. You can tell him what you want without involving any demands on what HE must do. It's okay to admit to him that you want marriage. He may not want it, or he may not want it in the same time frame you do. YOU decide if you are willing to stay in the relationship without a ring and for how long. If it's a great relationship with a great guy, you may want to just enjoy it. If he enjoys it just as much and values you, chances are he WILL want to marry you in time. But if you don't want to wait, YOU have the choice to move on. In the end, ultimatums are a losing strategy because then he KNOWS what you want, and he can use it against you by making you wait or putting you in a position of never knowing if he ever WANTED to marry you in the first place. Ultimatums give HIM the responsibility of deciding on YOUR future, and that makes you powerless. So really, don't do it!

20) THEY WANT YOU TO GET THEM TO TRY NEW THINGS One of the things central to a man's lively existence is his need for adventure. Being in a long-term relationship can be lifedrainning for him if there is nothing but working, eating, paying bills and sleeping. One of the things you can do as his partner is to liven things up by introducing new activities into the relationship. Your man will look to you for help in keeping things interesting. You may have hobbies and activities he's never tried before; check to see if he'd like to do any of them with you. Alternatively, you can check local brochures and guides to see what places and events are worth checking out in your area. You can also check your local adult education center to see if there are hobby, craft, business classes, etc. you could take together to learn something new. If you are both poor and in need of adventure, perhaps there's a lake, pond, park, or trail nearby you could go walking around to check out wildlife, just to get you out of the home for a while. Search the internet for more ideas. Never let the relationship stagnate! Sometimes, when things get too boring, your man might think it's time for someone new. It pays to keep challenging yourself with new activities, not only because it's healthy for you, but will help your man grow as well. A man likes to stay with a woman who makes him a better man.

21) MOST OF THEM LOVE LONG HAIR ON A WOMAN Women, if you care at all about what your partner (or any potential partner) thinks, don't cut your hair short without checking in with him! For most men, their attraction to you goes right out the window the moment you cut your hair off. Why? You become less feminine. Long hair on a woman is the ultimate feminine trait. Men love to watch long hair as it flows and waves as you walk or when the wind blows. They love to touch it and feel its silkiness. They love how it can frame your face and breasts nicely. It also gives you a youthful appearance. Most of all, it is sexy and seductive. Men equate well cared-for long hair with good health and finances, as well as

self-respect. Subconsciously in men, luxurious long hair is a sign of youth and good reproductive health, thus making them want to get intimate with you. Not all men or women will agree with all the above, though. You can always find some men who prefer short hair on a woman. Some women (like Halle Berry) look very attractive in short hair and are still sexy. It depends on the woman and her face shape, mostly. Also, most older women will cut their hair as it thins to make it look fuller. But for the most part, you are advised to keep your hair longish with a flattering style right for your face shape. “Longish” can be chin length, shoulder length, midback for the most part, as long as it moves and is well-kept. For those who can’t grow their hair, you can experiment with extensions and wigs, or talk to a hair specialist. Always consider how your hair length affects your man’s desire.

22) THEY WANT YOU TO INSPIRE THEM TO ACHIEVE THEIR DREAMS Everyone needs a reason to live; a purpose. For most men, they need to do something that makes them feel important and needed. A family can do that for him, starting with his significant other. It starts with appreciation and respect. If you can focus on the things he is doing to make you happy and safe and then thank him genuinely for them, that is a big step in the right direction. If you can show him respect by being confident in his decisions and abilities, that is one of the best types of inspiration you can give him. Keep in mind all his best abilities and remind him of them when he is down; help support him in his goals for the future. Believe in him. Use some of your free time to do research for him, if that’s what it takes. Be his support.

23) THEY NEED COMPLIMENTS Despite what you might think, men need compliments as much (or maybe even more) than woman do. Too many times men are taken for granted when they do things around the house. Women think “it’s what he is SUPPOSED to do.” This makes a man feel unappreciated; unneeded. Men really can’t tell how you truly feel about them; they can’t read minds. They need to know things such as how they look; whether or not you appreciate what they do; and when/if you’re proud of their accomplishments. Knowing that you are thankful for them/what they do, that you respect them, and that you’re in their corner means the world to them. And believe it or not, it’s a huge compliment when you laugh at their jokes. It makes them feel intelligent and appreciated. Build him up!

24) THEY NEED YOU TO RESPECT THEIR OPINIONS, EVEN IF YOU DON’T AGREE Everybody has their own experiences which dictate how they think about things. When in a relationship, this can create disagreements and a fierce holding onto what each of you thinks is right or true. If you aren’t careful and considerate, this can escalate into fights about things that really aren’t worth the trouble. A man is especially protective of his ego, and competition is in his nature, so expect to fight tooth and nail to prove a point (unless he has an avoidant personality—in which case he’ll build resentment). However, if you just

shoot down his opinions, he will feel you don't respect him and/or think he is an idiot. To avoid this, you must learn ways to show respect for his opinions, even if you don't agree. First of all, don't attack him for how he thinks—focus on the topic at hand. Tell him how your own experiences differ from his, but that his experiences are interesting to you and that you do want to hear about them. Keep an open mind and be prepared to possibly learn something from the discussion. Ask questions and thank him for sharing his perspective on things. In other words, actively listen. That always shows great respect.

25) **THEY WILL LIE TO YOU JUST TO KEEP THE PEACE** This one should not come as a huge surprise to you. The last thing a man wants is trouble in his relationship. He wants things to run smoothly. So if little white lies will help that, he will do it. According to www.wsj.com, men will lie to you to avoid conflict, to gain approval or freedom, to save face, or just to be kind. There's the typical "I'm working late" excuse to get time off with drinking buddies. Then there is the "store run for milk" as a chance to go for a drive to get cigarettes or beer when he's trying to quit. And maybe there's even the "I'm just gonna check my email and then I'll come to bed" lie when really, he wants to take a peek at some porn. Whatever it is, as long as it's not a major lie that hurts your relationship (secretly using your credit card for major purchases; cheating with another woman), you should just chalk it up to his wanting to please you and keep the peace. In the larger scheme of things, it's nothing to break up over.

CONCLUSION There you have it: the secrets men are keeping from you. Why? To keep the peace; to hold onto freedom; to be whom they want to be without interference; to keep you happy. In the grand scheme of things, these "secrets" don't amount to much and won't destroy your relationship. So, relax and be easy to be with. Give him space. Trust, respect, and appreciate him. Use your intellect and influence to make him a better man. He will open up to you and you will be indispensable to him. Focus on the present and be positive!

THANK YOU for reading my report! I hope you enjoyed it and that it will help your relationship. For more information on this theme, check out my ebooks and books on Amazon called **Men Tell All: Why We Cheat And What You Can Do About It**, and **Attract a High-Quality Man: 4 Tools to Help You Walk Away from Losers and Into the Arms of a Great Man!** If you've already read those books, thank you and feel free to send me comments to: barb@selfhelpfaq.com and please consider leaving a review for the books on Amazon.com. I appreciate your feedback!

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