

You treaded precariously when you mentioned what your brother said about an affair. However, you redeemed very quickly when you added on, I freaked out when I saw the text, but it turned out to be harmless.

What you did with that scenario you opened a can of worms and then you very luckily managed to ease yourself out of hot water and moved yourself back into calmer waters, however, you kind of stirred the pot. And this was caused by the female need to over explain. Every female has this great need to over explain.

He couldn't come back at you because he asked what the advice was.

When you have the need to explain, an emotional response has been triggered and because of in the past, when you have added those extra comments, you've then let go, switched, and felt better, even if only marginally better.

Now, you're starting to recognise how over the top your communication is sometimes. I call that female-itis. When we over explain it's usually because that emotional response has been triggered and we're trying to feel better. And we think that because WE feel better after we've explained something, then a man will feel better after we've explained it.

But the male brain doesn't work that way. The way that men show respect to each other, is to use as few words as possible to explain a point. Men become most frustrated when we try to give them too many details.

Men don't think about relationships when they're not with their partner. Generally. Men are single focused we may call it narrow minded but they're heck of alot more present than we are. They just don't think about relationship stuff most of the time until we bring it up. Now the time when this is different is when a man is suffering from a sexual dysfunction problem OR his partner doesn't seem to be as available to him as she once was. And this is because MYSTERY has been activated.

When you're always reliable, always there, always dependable, always available, always ready to be amazingly supportive, always asking questions to see how he is, always at his beck and call, always offering, always accepting his offers, always available emotionally as well as sexually, always a friend, in all ways available.... You put yourself in THE FRIEND ZONE. It kills attraction. When on top of that you appear emotionally needy it makes a man run for the hills because it feels like he's being smothered.

What attracted him to you initially was your strength, your sassiness, your lovely personality, your joy, your laughter, your cheekiness, your niceness. While nice is nice, it's not enough to trigger lasting attraction. It can initially be a nice reprieve if a person has been going through challenging times to have someone who is totally supportive but a few months it becomes

smothering. And that's when a man would start saying things like, I need time and space. When a man says he needs space, it's because a woman is doing the smothering thing.

What you've started doing now, by refraining from initiating contact, you've activated a bit of mystery. See, when you're not constantly contacting him, he starts wondering what you're up to. Attraction works the same way for men AND women. Confidence is sexy... having your own life is sexy... dealing with your emotional responses yourself is sexy... and confidence is gained by allowing your emotional responses to pass because then, you're not inadvertently becoming needy of someone else to fulfil you. When you're taking care of that, that's sexy! You naturally feel more confident in yourself when you're taking care of your own emotions.

Part of the answer is to allow the emotional responses to pass, then it's a matter of redirecting, rewriting, reimagining, revisiting, re-making up your mental conversations so that instead of them making you feel bad, they make you feel really good.

Rewriting the script in your mind. Requires redirecting the imaginary conversations you have with yourself and with Neil in your mind. This is when you remember past conversations and you replay them, then imagine having future conversations... and because the conscious mind tends to focus on pain and problems, usually those imagined or remembered conversations trigger many emotional responses and further resistant thoughts.

Fun, is attractive. Laughter is attractive. Confidence is attractive. Lightness is attractive. Being unpredictable is attractive, so is being mysterious. And as much as you love to hear his voice on the phone and you could listen to it all day, and it provides numerous warm, fuzzy feelings, you need to end the conversation first. WITHOUT OVER EXPLAINING IT.

Say something like: I have to go now, I have someone coming over. BYE!  
And you DON'T SAY ANYTHING ELSE. No further explanation.

You can totally support someone, simply by thinking and feeling that they will be fine. So you don't put your attention on their problem, you put your energy that they have the answer and then you let go of it. When someone says they have a problem, just say: I know you'll figure it out, you always do. I believe in you. This starts triggering MASSIVE ATTRACTION

Don't tell him EVERYTHING. Ease back on the details. If he's in a mood for talking, he'll ask more questions. If he's not in a mood for talking it will come across as neediness and he won't show much interest.

This is how attraction works. If you read a book and you know the story backwards, do you want to keep reading that book? Over and over? Or do you want something new, a new story to get involved in?

So what we're going to do is change your script.