

At the moment he's asking in a male way for time and space. What that means from a male perspective is that you've been coming across as emotionally needy and uncertain of yourself. When he mentioned that he'd like you to be more confident what he meant on a subconscious level is that if you were confident in yourself then you wouldn't need him as much to emotionally fulfil you.

He hasn't made up his mind yet. However, if you try and contact him before he contacts you you'll push him away because from his perspective (which is the male perspective and relevant to all men) you haven't respected his uncommunicated request for time and space.

When we meet someone who ticks all the boxes it triggers uncertainty in us, because we're uncertain of our abilities to keep the relationship going. And that's because of our lack of confidence in our own skills.

Most relationships are dysfunctional emotionally, sexually, or mentally.

S - sex

E - emotion

A - attraction

Out of order and out of balance it's a rough ride for all involved because of the related neediness which arises.

E - emotional balance

A - attraction, emotional and sexual

S - sexual function

Y - you, and it's a complete and balanced structure

Emotional balance - whenever you feel triggered or feel the compulsive need to email, phone, text, knock, approach in ANY manner, then it's indicative that an emotional response has been triggered and you've tried to ignore the physical response. WHAT YOU NEED TO DO IS PAUSE like you pause for a sneeze and allow the momentary physical discomfort to pass.

By taking care of "E" you automatically take care of "A" because when you remove emotional neediness you automatically become emotionally and physically attractive.

When you have that mental tug-of-war going on, you're building the resistance between him and yourself. So by switching your attention to allow the associated emotional response you're removing the feeling of tension which he was previously receiving off you. As you get into the habit of switching your attention, like a reset button, to pause and allow the emotional response to pass, you're consistently removing the resistance which had built up.

By removing your own resistance you remove from between you and everyone else too. Which means they start feeling relaxed when they think about you. When you neutralize your own resistance, you feel better and they feel better and communication (when finally instigated by him) will naturally flow. Stop fighting yourself.

Just say to yourself, "I can do this. I'm going to be ok."