

Emotions and Communicating Without Resistance

Type 1 personality is very exuberant, enthusiastic, inspiring, has a lot to say, very personable, chatty, bubbly. Engaging. Smiley, uses many words to describe and explain. And so what happens when you connect with a Type 4 who tends to be focused, direct, blunt, to the point, abrupt, engineering type precision - and you start describing your feelings, your needs, your desires and using many descriptive words instead of just getting to the point, you quickly lose his attention.

When you catch yourself doing this, pause. Because if you don't you will lose his attention, and when you lose his attention, you start panicking because you can sense this is happening. This is what triggers an emotional response and can trigger a sense of emotional neediness. If you keep pushing to communicate at this time he will become distant or defensive.

The male brain can only handle so much female description-ness at one time. When you overdo this you will quickly lose his attention and that will make you anxious. Which means you will use more words to try and explain what's going on in your brain which will push him further away. When an emotional response is triggered in you, and when you feel a sense of disconnect, that's a time to pause... switch your attention to ALLOW the physical sensations of an emotional response so the emotional discomfort can immediately pass. As soon as you intentionally switch to allow that emotional response to take place, it's over in that moment. The discomfort is just a moment in time.

This allows you to sense any resistance from the person you are communicating with. In this state of emotional clarity you will sense when you have lost them in that communication. So instead of trying to explain yourself further, just pause again, you don't need to fill in the space with words. A type 4 will always appreciate a meaningful pause. Very much appreciate this. They don't like space being filled up with words, they think a lot of words are unnecessary. This is why he becomes frustrated with you. As a type 4, he becomes frustrated with anyone who can't communicate a point in two sentences.

What you need to understand when communicating with a type 4 is that for you to feel heard, you need to communicate in a way which he understands and can relate to. So if you're going to jump all around from point to point without completing a point before moving onto the next, you're going to lose his focus. You're better off, communicating one point and staying on topic, precisely on topic. Don't jump to past events or things you've worried about in the past. Because he's going to be frustrated that you're bringing that up again. A type 4 is very focused generally on solving the current problem. He doesn't want you to keep bringing up the past. It's not sexy. It doesn't trigger attraction. It triggers resistance.

Your need to constantly bring up the past is related to blocking emotional responses. This causes a need to over explain. And you never get to the point you need to make because the stories of the past trigger resistance in him, because as a type 4 he's not patient.

What you need to do is when you have that great need to over explain, FIRST, recognise that an emotional response has been triggered and that response is triggered the moment you're in the same room. It's triggered when he calls you and tells you to come over. It's triggered when you're driving there. And if you ignore that emotional response you're going to start feeling anxious. And the more anxious you become, you more you feel the need to over explain.

There are ways to be that will trigger "friend" and there are ways of being which trigger attraction. You want to focus on doing more of the things which trigger attraction and less of the things which trigger the friend basket. And this takes TRAINING AND DISCIPLINE. It's the female nature to nurture and this tendency smothers men and drives them away. This is what causes the initial resistance which results in distance.

When you process all of your own emotion you become clear. You don't need to keep going over your stories because that will keep you stuck.

What we're going to do now, is give you some different scripts.

He says to you:
Do we need to talk?
You say, What about?

Do we need to talk?
I'm interested in what you have to say.
(You want to find out what's going on in his brain)

Do we need to talk?
Well you know how much I love talking, but I'd like to hear what you have to say.

Men avoid emotional confrontations because they don't have the skills to deal with them. You've previously been imposing on him serious conversations. Everything has been serious. We want to lighten things up. He'll never be a big talker on a relationship level, he's not wired that way.

He's addicted to the fun, joyful version of you. And that's what he wants to see more of. You need to ask less questions be less probing about what's going on in his life. Being less curious about what's going on in his life will also invoke less resistance from him because at the moment he's going on your most recent behaviour. So the less probing you are the more trusting he is of your intentions and of your emotional balance.