



Last First Date

HOPE & CONFIDENCE TO LOVE AGAIN

5 Ways to Lead With Your Feminine in Dating and Relationships

By Sandy Weiner, Founder of Last First Date

I want you to make a sincere connection with a man. Not as two acquaintances, not as two colleagues...but as a Man and a Woman (with a capitol W).

In order for you to make this feminine connection, it's important for you to really understand what men are looking for when they are dating and searching for a partner.

Most men date differently than we do — especially the good guys that you want: the quality men who are no longer being led by their ego and testosterone. These guys want real connection, and they actually date a bit smarter than we do.

I'm going to assume that the man you're trying to connect with is smart, confident, responsible and successful, among

other things. You want him to pick the restaurant, open your door, pay for dinner and walk you to your car, right? And when you're in a relationship, you want him to share the load, help you make decisions, always have your back and be 100% committed to making the relationship work. When you're with him you want to feel safe, understood and valued.

Alison Armstrong, who has been studying men and helping women understand them for decades, refers to this type of man as a **King**: He has a strong sense of self. He knows what he wants and doesn't want. The King has authority, power, and strength. He has achieved a lot and at this part of his life he wants to serve...and give. It's no longer all about him. That's the guy you want, right?

If you're wondering how to DATE THIS type of guy...here's what you have to know: THAT guy likely lives his life as a MAN with a Capitol M! Every day he has to show up as a strong, confident, take-charge guy. He can definitely have fun, be funny, even be creative and really enjoy his life. But many of these men do not have the opportunity to make **emotional** connections.

When he's with his buddies he can bitch about his work or the crazy woman he went out with, but he can't tell them how bad he feels because he failed at something. When men hang with friends, they are DOING something...and it often involves competition and one-upsmanship. They don't sit and chat and tell each other how fabulous they are. They don't hug or share feelings.

That means when he's with You...he wants to be able to rest. He wants to be able to shed his proverbial suit and just be a nice guy and enjoy his time with you. Yes, he wants to have fun and he wants intellectual stimulation. But, in order for him to feel romantic about you, he needs more. He needs to feel he'll be accepted for who he is and be given the latitude to be imperfect.

He wants to feel safe and at peace. He wants to feel like he's appreciated. He wants to like himself and feel like a MAN when he sees himself in your eyes. And of course physical intimacy with you is a big part of connecting with you emotionally. Some men describe this as having a safe place to land.

Doesn't that sound like exactly what YOU want?

Every woman I have ever talked to and coached says this is what she wants, too. To be accepted, to feel safe, to feel beautiful and to LIKE yourself when you're with him. But as you know, so often women don't judge the men they meet based on these emotional needs. Instead, they judge by how exciting he is, or how much he makes her laugh – or how he stimulates her intellectually.

In online profiles they say he has to be witty, someone who can go toe-to-toe with her in conversation. And when they show up for dates, the test begins: is this the guy who can do this for me?

Now I'm not saying that intellectual connection isn't an important part of a good relationship; it definitely IS!

How you *feel* is what's most important when you're looking for a lifetime partner, and the best way to judge if a man is that potential partner is to consider your feelings when you're with him.

Well this may surprise you, but most MEN, especially as they get older, naturally get this! It may not be conscious, but

when they make decisions about whether they want to see a woman again, they tap into how she made him feel.

The witty repartee is **not** anywhere near the top of the list for most men when they date. The guys you want will **like** the intellectual conversation, they want you to be smart and will love that you're accomplished...but they don't **need** that from their partner. That intellectual connection is all they have in the rest of their life.

Your King, when he's looking for his Queen, wants to spend time with a woman who makes him feel relaxed and appreciated and safe. He wants to be with a woman who makes him smile...that he can be an amazing man with.

For most men, the only place they can EVER feel this way is when they are in a relationship with the woman they love. And for single guys, it's when they have a really great date!

Now this is important, so listen up: This is why you can have a great date that's fun, stimulating and has great conversation (it can even end with a hot make-out session) — but you never hear from him again.

He had a great time, but he doesn't see you as a Woman he wants to BE with. You may have connected intellectually but that's not what he's ultimately looking for from you. If you didn't connect at an emotional level, if you didn't give him any positive **feelings** he has no reason to go on another date with you.

What men want from you – and what helps you make a real connection– is when he sees you as **open, honest and happy**. When he can just relax with you...and enjoy himself. When he feels he can get to know you. When he can imagine making you happy, or even throwing his arms around you and seeing you smile. THAT's when a man feels a connection.

Okay...so how does that translate to what YOU can do when you date? First, being a successful dater starts with you enjoying your life, and a large part of that is connecting with people – not just going to work or the gym. To date successfully, you need to be in touch with your own feelings and how you feel as a woman.

It's also really important that you create the most joyous life possible. You have a full dimensional life, and you're happy.

That's the woman everyone wants to be around. This is super important!

5 Ways to Lead With Your Feminine Energy

1. Move your body.

The feminine thrives in movement and sensuality. Spend time dancing, moving, or walking in nature. This will help you reconnect to your feminine essence.

2. Learn how to receive.

Most women are terrible at receiving. Someone gives us a compliment, and we deflect it. "What a lovely dress!" "Oh, this old thing? I got it on sale ten years ago."

If this is you, please learn how to receive a compliment, a gift, or a gesture of kindness. Remember that the person who is giving benefits when you receive.

3. Access your senses.

When you're with a man, indulge your senses. On a first phone call or first date, touch soft fabric, smell something delicious, look at something beautiful. This helps you connect to your feminine sensual essence.

4. Speak in feeling words vs. thought words.

Feminine energy is connected to feelings more than thoughts. This doesn't mean you can't share your thoughts. But remember that men lead with their thoughts, actions, and 'doing'. The feminine leads with feeling and 'being'. So, when you're sharing ideas or thoughts, say, "I feel" rather than "I think", and watch how he responds in a positive way.

5. Be playful.

Ah, the forgotten art of play and laughter! There is nothing more attractive to a man than a woman who is in touch with her playful side. Let down your guard and laugh, play, have fun! Go to a playground together. Do something silly.

I hope these tips help you understand how making a few small shifts can result in connecting with men in a whole new way. This is what leads you to going on your LAST FIRST DATE!

© 2017 Last First Date, LLC by Sandy Weiner

All rights reserved. No part of this PDF may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or introduced into any information storage and retrieval system without the written permission of the copyright owner and author, Sandy Weiner.