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# How To Avoid Miscommunication With Men

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**Dr. Karen Gail Lewis**

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These steps are for women when they want to initiate a personal conversation with a man. They are written with specific attention to the Male-ese needs for communication.

1. Pick only one topic to discuss at a time. Be specific.
2. Make sure you have his attention before you broach the need for a discussion. Do it during a quiet time, not while you are in the midst of an argument; and not when he is reading, on the computer, or otherwise occupied. Wait until you have eye contact with him and his undivided attention before you start talking. The purpose of this communication is to tell him you want to have a discussion on a particular topic.
3. Set an agreed upon time to meet. Be specific as to day, hour, and location.
4. Set the length of time to talk – between 30-60 minutes. If you need more, schedule for another time.
5. Come prepared, preferably having the issue you are concerned about in writing. Make it no more than 3-4 sentences.
6. Practice how you want to say it. (This will keep you focused and attuned to Male-ese.)
7. Use I-Statements.
8. Avoid absolutes like “always,” “never,” and commands like “should,” and “have/must/need to.”

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9. Repeat back what he says to make sure you understand his point before you present your own point or take issue with his. Do this for each of his statements. Have him do it for your statements.
10. Stay focused on a solution that will help you avoid a similar problem next time. Do not bring up any past situations.
11. Do not be defensive. If at all possible, do not ask about or discuss why something happened. (When the man has to explain why he said or did something, it puts him on the defensive, and it keeps the focus backward, which opens you both up to more dissention.
12. Avoid getting emotional. Keep the tone matter-of-fact. Tears as well as yelling and sarcasm interfere with problem-solving.
13. Make sure you end with concrete ways to handle the situation this time and in the future. Write down your agreement so there will be no misunderstanding at some later point.
14. Make sure you end with a hug and/or a handshake.
15. Remember, you love each other. You are not enemy combatants; you are on the same team.

If you do this well, you will end up feeling more love and affection, knowing he has worked with you, not against you, to deal with an issue of great concern for you.

Do not be surprised if he wants to make love now. If you do too, fine. If you are not ready, gently let him know you appreciate the good discussion you just had, you are glad how well it went, yet you are not

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ready to make love. If you are ready at a later point, it would be really positive for you to mention it, rather than wait for him to raise it again.

### About Karen Gail Lewis

Dr. Karen Gail Lewis is a marriage and family therapist (over 40 years) and author of numerous relationship books — on marriage, for singles, about adult siblings.

These tips, along with 90 words and phrases that are different for men and women are in her book, [Why Don't You Understand? A Gender Relationship Dictionary](#). For 17 years, she has run Unique Retreats For Women, weekends for self-growth and fun.

She is available for phone consultations. To know more about Dr. Karen Gail Lewis, visit her website [www.DrKarenGailLewis.com](http://www.DrKarenGailLewis.com).

For more free resources on how to create amazing, long-lasting and authentic relationships without manipulation, losing your dignity or giving ultimatums, visit [www.HowToWinAMansHeart.com](http://www.HowToWinAMansHeart.com).