

RULES OF COMMUNICATION

in RELATIONSHIPS

HERE'S WHAT YOU NEED TO KNOW...

When it comes to communication, masculine and feminine energies tend to communicate in very different ways.

I am not talking from solely a conversational standpoint, I am also talking from an emotional viewpoint. When these key emotional factors are neglected, relationships can often find themselves in a situation where each partner feels like they can't 'get through' to the other.

This should help clear that up for you.

MASCULINE

A masculine energy will withdraw from emotional engagement with someone if they feel:

- 1 CONTROLLED
- 2 CRITICISED
- 3 CLOSED

FEMININE

A feminine energy will withdraw from emotional engagement with someone if they feel:

- 1 UNSAFE
- 2 UNSEEN
- 3 NOT UNDERSTOOD

It is important to understand there is no right or wrong - but more so an understanding that needs to be had as to how both energies communicate emotionally.

EXAMPLES

MASCULINE to FEMININE

A masculine energy may be wanting to help a feminine energy with a challenging issue that they are facing. However, whilst the masculine energy may adopt a pragmatic approach to the situation in order to alleviate the situation from the feminine energy, if the latter feel unsafe, unseen or not understood initially - the masculine approach will not bring any form of solution based success.

It is important for the masculine energy to understand, they must ensure the feminine energy feels like these three areas are not threatened been met before approaching a solution.

FEMININE to MASCULINE

A feminine energy may be wanting to help a masculine energy with a challenging issue that they are facing. However, whilst the feminine energy may believe they may be adding value to the situation in order to alleviate the situation from the masculine energy, if the latter feels they are being controlled, criticised or closed off - the feminine approach will not bring any form of solution based success.

It is important for the feminine energy to understand, they must ensure the masculine energy feels like these three areas are not threatened been met before approaching a solution.

As you can see from these examples, communication with masculine and feminine energies can be very different from an emotional standpoint. So the next time you are communicating with a masculine or feminine energy, stop and think...

Is what I am saying threatening any of these 3 emotional needs within them?

If it is... think of a way to fill these needs first before approaching your solution based thinking.

