

FOR GIRLS: RELATIONSHIP ADVICE

THE **HOPE** LINE



TheHopeLine.com

Trying to understand the opposite sex can be one of the most frustrating of life's experiences. There's an undeniable desire for a strong connection between a guy and a girl. This is in God's design. Yet often times it seems like there's a huge gap between the two of them. This gap has caused confusion, awkwardness, frustration, hurt feelings and many sleepless nights. Girls want to know what guys think and why they do what they do. Guys are in the same boat.



This Guide is written for women **trying to understand and relate better to men.**

Here are insights into



15 of the
most asked
questions

girls have about understanding
guys. Everything from “What do
guys look for in a girl?” to “How
can you best show respect to a
guy?” and ***everything in
between.***

What do guys think
about and look for
when they meet a girl?

How do you
get to know
a guy?



Why does
it take a
guy so
long to
make the
first
move?



Why do
guys act
weird
around a
girl they
like?



Why do
guys send
mixed
signals?



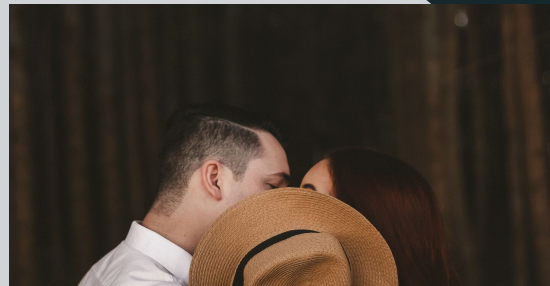
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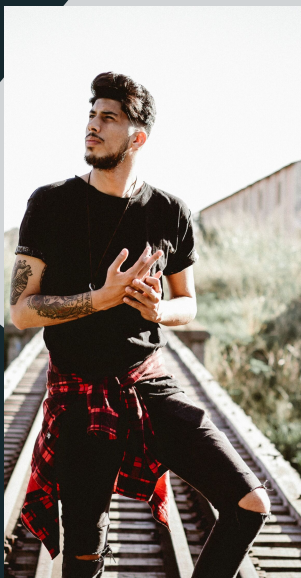
Why is it so hard for
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Why don't
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How do
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What to do
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How
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Why do
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How to to
respect a
guy?



Why don't
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to make a
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HOW DO YOU GET TO KNOW A GUY?

To begin with, you need to be willing to take a risk and reach out to become friends. It is easy to be afraid of rejection even on a friend level. So approach the guy you want to be friends with confidently. Not cocky, but just self-assured that you know who you are as a person and you like yourself. You can find confidence by knowing in your heart that you are a good person who is loved by God and others, and what this one guy thinks of you will not define you. Confidence will also help you relax. (For help with this check out our [Self-Worth Guide](#).)

After this, it's simply a matter of taking an interest in things the other person is interested in, sharing pieces of your life with her, and most importantly, letting time develop the relationship naturally.

What do guys think about and look for when they FIRST meet a girl?

If we are being honest, most guys first look to see how attractive the girl is to him or if there is some kind of chemistry between them. This is the case nine times out of ten. Most guys are very visual and quickly sum up the impression they have received from a girl in a matter of seconds. So yes, the FIRST thing they look at is appearance. However, it is important to realize that being attractive doesn't necessarily mean hot or gorgeous. It means being comfortable in your own skin. It means you take more of an interest in other people than in yourself and

make other people feel good around you. If guys aren't noticing you as much as you'd like, think about what message you are sending. Remember the most beautiful girl in the room is the one with a smile on her face who is kind to those around her, rather than the mean girl with the trendiest clothes and perfect hair.

After the FIRST impression, most guys try to figure out what kind of person you are. For example: Are you kind? Are you confident? Are you funny? Are you shy? Arrogant? Are you a good conversationalist? Do you have anything in common? Do you show any signs of being interested in them? Remember, most guys make quick observations about these things as well.



WHY DOES IT SOMETIMES TAKE A GUY SO LONG TO MAKE THE FIRST MOVE?



To answer this question it may be most helpful for a girl to put herself in a guy's shoes. Think about how much courage it takes for a guy to be vulnerable enough to share his deepest need of wanting to love and be loved. Making the first move is like going to a girl with his heart in his hand and saying to her do you want to like it or kick it? Remember a lot of guys act tough, but inside they are very much afraid of rejection.

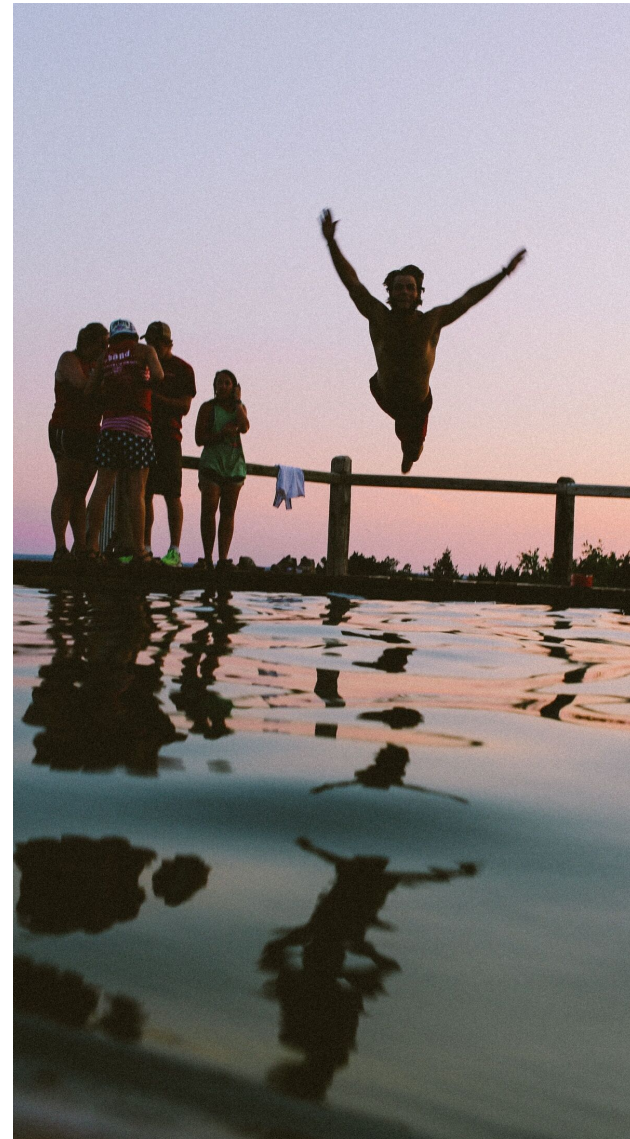
Girls may want to help a guy out by making a simple suggestion. You might say

something like this: "You know, you and I have been talking to each other for a while and I'm a little confused. So let's define our relationship." This allows you to talk about it in a nonthreatening way.

WHY DO GUYS ACT WEIRD AROUND A GIRL THEY LIKE?

Acting “weird” is most often the result of a guy being very nervous around a girl he has a crush on. Stammering and making jokes are common. There are few guys who are able to approach a girl they really like totally calm, primarily because guys hate rejection. They hate to make themselves vulnerable to a girl, and then get shot down. This nervousness, or acting weird comes from this place of not knowing exactly how to balance their fear and their excitement, so the guy gets nervous and tongue-tied.

This is the reason guys will flirt with girls. They will drop hints here and there to see how the girl will react. This way, it’s easier to know what the girl is thinking when he sees how she responds to his flirting.



Why do guys send
mixed signals?

Ever had it where a guy flirts with you one minute and completely ignores you the next?

This could be for a couple of reasons. First, you need to figure out if you are dealing with a professional flirt. Some guys send mixed signals because they like to, and they're good at it. For them, it is a power and ego trip. They'll play the game with just about anybody because they're hooked on the game. You need to avoid flirt addicts at all costs.

However, sometimes what seems like a mind-game is simply a lack of clear communication. You can imagine all kinds of crazy things are going on in a guys head, when in fact, he may simply be distracted by something else. The only way you can truly clear up the confusion is to talk about it.

You also need to be careful to not read too much into the signals you pick up from guys. Just because he smiles at you doesn't mean he wants to go out with you. Sometimes you can convince yourself a particular guy really likes you, when in fact, he's just being friendly.

Finally – watch the signals that you are sending. Guys find girls just as confusing as you find guys. Be yourself, but be careful about being overly sexy or a tease.

Sad to say, some guys use mind games to selfishly manipulate women into getting what they want to meet their own unmet needs. This may include:

- sex
- always having a girl by his side
- having a girl adore him
- having a girl to control
- having a girl to show off to others
- having a girl to listen to him

So what should you do if you feel a guy is misleading you?

- Let them know you are aware of the mind games they are playing. You may want to confront him directly, and ask him what exactly his motives are in your relationship. This will either challenge him to stop the games or alert him to the fact he's playing games, because perhaps he doesn't realize it.
- Don't simply listen to what a guy says, watch what he does. That will tell you more about his motives than anything.



Why do some guys lead girls on and then drop them?

Certainly not all men behave this way, but for those who do, there may be two explanations .

One, some guys just want to see if they can get a girl to like them. To them, it is more like a game or a challenge. They say to themselves, "If I can get a girl to fall for me, then I must be a pretty cool guy." All of this comes from a low self-esteem and an unawareness of how they hurt others.

Still other guys are in a frantic state of mind, wanting that thrill of knowing at least one person cares about them. It's like a high. But they soon get bored once they think a girl they have been pursuing actually likes them. Then they are on to the next conquest.

You can choose to confront the guy and ask him what he's really feeling (be prepared for him to become angry and defensive because no one likes being found out — remember, he may not fully understand why he's doing what he's doing either!). Or you can take his indifference as a clue that he's not truly interested in you, and move on.

Why don't guys talk
about their emotions?



Guys, generally speaking, tend to process their emotions inwardly. Many times, they don't know exactly how they feel, so they try to figure it out on their own. Some guys are afraid of their emotions and keep them buried inside in order to protect themselves from looking weak. Little do they know, that most girls would accept and understand (and even appreciate) an expression of their emotion.

Guys are also more physical, and tend to work out their emotions by finding solutions, and doing things. The harm is when they keep stuffing all their feelings inside, letting them simmer and brew, and potentially eat away at them...eventually coming out as anger. There are tremendous benefits to getting your thoughts and emotions out in the open, in the context of a safe relationship, and not letting them destroy you. So assure your guy that you have his back no matter what and are there for him.

Unfortunately, society has told guys it's a sign of weakness to express their feelings, while it's much more socially acceptable for girls to talk about their feelings. However, once you have an understanding of each other and how you process emotions, there is nothing wrong with each person bringing who they are, including their masculinity or femininity, into a relationship. It helps balance things out.

Why is it so hard for your boyfriend to understand how you are feeling?

You might wish your boyfriend could be a “mind reader,” but he won’t know how you feel unless you communicate with him. If you have tried to communicate and he still doesn’t understand, be patient. Many guys are not great at emotional communication.

Also, guys tend to be “fixers” and instead of just listening he may start talking about how to fix your feelings or the situation. If you just want to be heard, then gently tell him you just need him to listen to how you are feeling.

If your boyfriend shows he cares about you in other ways, keep working on communicating to him how you are feeling. He'll figure it out. If he doesn't even try or show any care, it might be because he actually doesn't care about anyone except for himself and it's time to move on.



How

do you know if a guy is
falling in love
with you or just using you?



*Don't only listen to what he says,
but watch what he does.*

Here are some questions worth asking yourself to determine if you are in a loving relationship or a selfish one:

- Do you feel like your emotions are being played with?
- Does he say one thing and do another?
- Does he say he loves you, and then doesn't act like it?
- Does he want to spend meaningful time with you?
- Does he treat you with respect?
- Does he speak well of you to other people?
- Does he give you freedom or try to control you?

Another thing to consider - If you have had sexual contact, would this guy stay committed to you if you went for a period of time without sex? (The minute you add sex into a relationship, you make it very difficult to know how the other person actually feels about you and not just the sex.)

Quite honestly, if he really does love you, you most likely wouldn't have any question about it. You would know.

What_{to do} when guys only want to be "friends" with you?

If you have a lot of good guy friends, but no boyfriend, don't lose heart. You are actually in a really good position. As guys get older, they are more apt to move away from just finding someone who they think is hot. You will shine because you are a great companion. Guys turn to you because they trust you. Some of the greatest marriages start out as great friendships. Remember, emotion and affection can fire up anytime. But a great friendship with somebody from the opposite sex is a treasure hard to find.



How can you tell if he wants to be more than "just friends"?

If one of your guy friends is falling in love with you, he's probably scared and nervous about you finding out, since he doesn't know how you'll respond. He likely doesn't want to do anything to jeopardize the friendship you already have. So it can be hard to tell.

Here are a couple of questions you can ask yourself that may give you a hint if he has deeper feelings for you that "just friends".

1. When you talk with him about other people who you have dated or are interested in, is he supportive and encouraging or does he become quiet and distant? A friend will be supportive, but someone whose emotions are clouded with the possibility of being in love will tend to have a more emotional response.
2. Does he seem to want to spend time only with you or is he okay doing things in groups? A friend is willing to share you with others, but someone who is trying to balance their emotional feelings toward you may tend to be a bit more possessive.

In the end, you will need to communicate with each other and define what your relationship really is.

Why **don't guys seem to think of doing the little things that make a girl feel happy and loved?**



Many guys do not understand how much simple little gestures of kindness mean to a girl. Honestly, it is something many guys have to learn and isn't necessarily natural for them. So be careful not to take it too personally and overreact.

Most guys have never been instructed on how to make a girl happy. Usually a guy learns these things from his father. The problem is many fathers are either absent, or never learned themselves.

Be understanding if you are the one who needs to teach your boyfriend how to show simple gestures of love. Sure, it'd be great if he came up with these things on his own, but it's better to communicate them to him rather than getting bitter and hoping he will read your mind. You may have to gently tell him some little things that would bring you joy, such as a simple goodnight text right before you

go to your car. When your boyfriend gets it right, let him know how much it means to you. When he doesn't, don't go ballistic. It will only drive him away. Keep working on it together.

You also should take into consideration his love language as well as pointing out what your love language is to him. If you don't know your love language, then take the [love language quiz here](#) (and have him do the same)!

A lot of times, both males and females tend to try to love each other with their own love language and not that of their partner. We need to help each other by explaining to them what our love languages are, then we will be better equipped to know how to show each other love.



Why
do guys
get so
jealous?



Jealousy is the kind of emotional disease that strikes both sexes and is unfortunately very common. Most times, jealousy is an emotional reaction based on selfishness, fear and insecurity. A jealous person imagines their girlfriend could leave at any time, and the thought of that scares them to death and can leave them almost emotionally irrational. However, other times, you might be overstepping your boundaries of what's appropriate with someone of the opposite sex who you're not dating.

Don't give your boyfriend reasons to feel jealous. If someone else is flirting with you, you can still be polite, but you don't have to flirt back. If your boyfriend does react jealously to something you do, decide to address it soon after it happens. It's always good to seek clarity when something comes up that's a threat to your relationship. And most importantly, make sure your boyfriend knows how much they mean to you. Give them reason to trust you.

HOW DO YOU SHOW RESPECT TO A GUY?

- **Don't use your body to manipulate him.** Girls have an incredible power to control guys with their appearance, so don't play with his sexuality and drives. Dressing modestly and refusing to be suggestive are crucial.
- **Ask his opinion.** Guys want to know you are interested in what they think. He feels respected when you care about how he thinks and feels. Then when you take the time to listen, it's even more powerful. He will feel deeply valued by you.
- **Don't try to put words in his mouth.** You'll only show him you think he doesn't know what to say.



- **Encourage him.** Telling him you believe in him and support what he is attempting to achieve is a very powerful way to show your guy you respect him.
- **Don't act like you own him.** When you let him have his own life, making his own decisions, spending time with his friends, it shows you respect him, and will make you more attractive to him.

God created males and females with very unique characteristics and when a man and woman are brought together in a relationship, they should be better together than apart...their unique characteristics should compliment each other.

This doesn't always mean it will be easy, but the work is worth the reward. The Bible gives clear instructions on how to love on another. It is certainly worth striving

Spiritual Perspective

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. (1 Corinthians 13: 4-8)

**Girls – strive to love your man this way
and you will be blessed.**



**If you want to know
more about having a
relationship with God or
need relationship
advice, chat online with
us anytime at:
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