

NADINE PIAT

SECRETS Of a LOVE THERAPIST



**NADINE INTERVIEWS A MALE
DATING EXPERT WHO REVEAL SECRETS EVERY
WOMAN NEEDS TO KNOW**



Secrets of a
Love Therapist
Carlos Cavallo




Nadine is a certified Professional Personal Coach and she shares her knowledge, learning's, tips and advice as guidance and as entertainment only, we do not take responsibility for your life decisions. We encourage you to make informed decisions in your life and to seek professional support as necessary.

Website: <http://healthyyouhealthylove.com>
 Contact: support@healthyyouhealthylove.com
 Product: <http://neverlosehim.com>
<http://unlockhisheart.com>


Address: PO Box 3704
South Brisbane QLD 4101
Brisbane, Australia


SECRETS OF A LOVE THERAPIST

 Nadine: Hi everybody! It's Nadine Piat here from healthyyou-healthylove.com and today I have a fantastic guest here with me in the Love Room. Today I've got Carlos Cavallo and Carlos is a really wonderful guy. I've met him personally twice in the last eight months and he is a dating and attraction coach, as well as a motivational life counselor, a health and fitness coach and he's the author of "Forever Yours: The Secret Password to His Heart," "Get Your Man Addicted to Your Love which is 33 secrets of Passionate, Exciting Relationships" and also countless articles.

Carlos brings to the table a variety of life experiences, equipping a background in relationship skills, life coaching, motivational psychology, sales management and even martial arts and eastern philosophy and all of this really is wonderful when it comes to working with women, understanding women and he also has a very, very detailed and extensive background with working with men. So, he is really the go-to guy when it comes to women trying to understand men. Carlos, it's fantastic to have you here and welcome!


 Carlos: It's good to be here.


 Nadine: So tell me, what got you started in the dating and relationship area?

 Carlos: Well, it started quite a while back when; well first of all I had my own issues as I think everybody does at some point or another with relationships and what not, and I decided I had to learn more about how attraction and relationships really worked at a fundamental level and that's the stuff that you get from a lot of relationship gurus out there because they do talk I think quite a bit in an academic sense. They don't really talk about the true knots and bolts of what makes people work really well together; I mean the stuff that we don't always admit sometimes too.

I went deep into learning a lot about that and getting my own dating life and my relationships in line and I started helping


guys actually. Initially, I helped them really get the best out of their own dating life and what not and I said you know what, with all this information that I've pulled over the course of how many years of doing this, I got to be able to bring some of this to the table for women too because I think they want to hear and know about it and it's been kind of a journey. Just taking the best of all the information I've learned from men and from women and from my relationships that make us work better together.

 Nadine: Well then so tell me, from all that information what do you then think is the number one cause of failure in relationships?


 Carlos: Failure in relationships, well I think there's a lot of clichés about what hurts or what destroys relationships, what makes them work and not work, I have to say that the number one cause of failure in most situations and it's a very specific one, this is going to sound heck a lot more specific, it might even make you go, "What?" is the buildup of contempt; the buildup of contempt in a relationship.


It's that resentment that we build up when we don't say what we're really thinking or we don't want to press the point or we don't want to appear as if we're being a certain way to our partner - and we sometimes go with our relationships with a certain lack of forthrightness is a way of saying it I guess - a lack of really being willing to put it on the line.


I think this can be more true I think for women because they are much more focused on maintaining the connection or relationship, they're also more prone to lowering their boundaries, to let things slide and then as of course inevitably happens, you still feel that emotion, that feeling, that bitterness about it and it comes back to haunt you anyways. So when you may have retained the relationship in a short term; in the long term, it will really destroy a relationship. You just have to be able to express those things that bother you in healthy ways. Get them out of the way. No contempt builds up.

 Nadine: And I think that the biggest challenge is that women get so confused as to how to express themselves in a way that men get. I was reading something not long ago and I can't recall the

name of the book right now and it was a psychologist that was doing a study with couples and that when the couple had an expression on their face of contempt towards each other, they really were the most difficult couples to work with because it had gotten to the point when they didn't even like each other anymore. The passion and everything has disappeared so it's really interesting that you say that.

 Carlos: I believe what you're talking about; I've read the exact same book, it was from John Gottman's research, and yeah they would have couples come in and they were videotaping them and they did the study. I think he said well over 92% of the women or men that express something like the eye roll or that look of, "Oh my God, there they go again," that contempt expression, it indicated 92% of the failures in a relationship so it was the number one indicator.


 Nadine: Wow and that's huge. So then as I mentioned before, then what are the biggest mistakes that women make when talking to men?

 Carlos: Well first of all forgetting to remember that – for women, conversation is creating a flow of connection energy and it's also a journey, not a destination. For men, what men are doing typically is we're communicating facts and data and we don't focus on the same things in the context of talking.


So if you're in a relationship, for women in a relationship, one of the big things that women do that can be negatively impacting a relationship but it can also kill communication and it even sabotages what the woman wants is deflecting his compliments and this happens quite a bit. There's even videos that parody this thing that women do, for example; a woman comes up and compliments another woman, "Wow, that dress looks fantastic on you!" and she'll go, "Oh this old thing, no I pulled it out of the garbage this morning. In fact I was going to burn it after I got home."


It's that funny little self-deprecating way because women learned to do that as a mechanism. Because for younger women and girls especially, to accept a compliment would kind of imply a certain amount of self-centeredness and it


made you stand up. It's just a weird social order thing among women. But unfortunately, that thing that works so well with other women really doesn't work well with men because men are giving you a genuine compliment. If you don't take that, if you don't accept it, what happens is he interprets it as kind of an insult. It's kind of like saying, "Oh, my opinion wasn't real. My opinion wasn't valid." He's turned off by that and he won't compliment you, he won't adore you the way you want. So you have to learn how to graciously accept those compliments that men give.


 Nadine: It's like, "Hey baby, oh you're beautiful!" Give him a kiss and say thank you.


 Carlos: Yeah, exactly.

 Nadine: I'm just a lucky girl. (lots of laughs)


 Carlos: Exactly. Just make it as easy as possible. Remember the thing is that – the weird little dynamics we create in our relationships are very often created by not being candid on the spot – Where you just kind of, like we were talking about where you deflect a compliment or you just let something slide that you probably shouldn't have and then it builds. It just builds up in the background. It creates that negative energy.

 Nadine: And I supposed that has a lot to do with relationships is those little things. Sometimes the smallest things, if you just change those, it can create such monumental change. I do think that sometimes, people do complicate relationships and if they just made those little change, then the men will respond to differently.


 Carlos: Yeah, definitely.

 Nadine: And one of the things I've also heard from men and I do talk about is that as much as women want compliments and then you're saying we're deflecting them, a lot of the time, women forget to compliment their partner. Do you think that can be


a little bit of an issue as well? I'm naturally a complimenter so I don't really have that issue. However a lot of women want to hear these things from men, yet they're not actually reciprocating.

 Carlos: No, that's exactly on the mark. Not expressing admiration and appreciation for what the man does in a relationship is also a really big communication killer and a relationship killer because that's one of the things the guy uses. We have these things that I call "feedback loops." If you give something to the other person, that they want and it's in – like they talk about the languages of love, if it's in the way that they want to receive that appreciation or love or whatever it is, they feel picked up and juiced by it and then they'll give back in kind.

The same thing happens with this sort of thing. If you don't express - you see what, men's main focus is with women, believe it or not, every guy is like this; we want to make women happy. That's what we're looking to do. We're trying to make women happy on every level. It doesn't matter what you're talking about, whether it's in the bedroom or just in the relationship. So when we don't get that admiration and appreciation, we have no feedback loop there to tell us that we're doing the right thing and it leaves us feeling empty and incomplete and women know what this feels like as well. So that's true with it, you've got to have that admiration and appreciation. Really just making him like he's, "The Man." That's what it really comes down to.

 Nadine: Absolutely. So, feedback ladies. Give your man lots more feedback and know that he makes you feel good. That's basically the bottom line really, isn't it?

 Carlos: Absolutely.

 Nadine: Okay so to understand men better, what do women need to know to read a man's signals and what he is actually saying? Because I think that women can misconstrue what men are saying and personalize things or they're reacting to something when they weren't meaning that at all.

Carlos:

Yeah, I think one of the biggest things that a woman needs to read from a man, this just cuts to the core of I think a lot of women's issues with men is why men pull away is often really, really misunderstood. Not knowing the reasons actually create something I call a "disconnection feedback loop" and it sounds terribly scientific but it's not.

Men usually disconnect or they unplug from a relationship in order to kind of recapture their sense of masculinity. Most of the time, it has nothing to do with the woman, really at all. You see a man doesn't feel completely like a man when he's intensely connected to a woman for too long. What he needs to do is he needs to connect in cycles. Kind of like catching your breath after you exercise. The exercise feels great, but you got to stop and catch your breath and you can go back at it with more focus and energy.

The same thing is true about relationships with men. In this panic feedback loop that I was talking about, is this disconnection panic that women feel when a man pulls away because he needs to attend to his feeling of masculinity but he doesn't tell you this is what's going on because he doesn't really understand it that much himself and mostly because he assumes you'll be okay with it. Not understanding that a woman feels this disconnection panic and it sets off all kinds of emotional alarms with her.

And then when she tries pulling him back in, well he views this as kind of a breach of his space. He starts to feel a little smothered and he panics and it confirms his suspicions that his freedom in the relationship is starting to be limited. Again, that's another big driver for men; it's the freedom within the relationship. So women have to learn how to recognize that cycle, break that pattern before it starts and be able to give him that disconnection time that he really needs.

The best way to do this is just to have a little coping strategy for situations that put you into that kind of disconnection panic. If you have a girlfriend that you can call that can talk you down and kind of reason with your emotional mind a little bit, have a distraction to keep you from falling into that over-analysis that happens. Because I think today, one of our big issue in relationships is we have way too much time to think about our relationship and planning strategies during

the time when you aren't feeling this panic pressing urgency of this emotional panic going on, which is of course when you're least capable of dealing with something when you're in that mode. So do it when you're not in that mode. Have this thought out in advance. That way when it happens, you can go, "Oh my God I got to call Arlene or whoever and I got to vent a little bit."




Nadine: So when a guy does say for example things have been pretty smooth and you've been going out in quite a few dates so maybe it's been a couple of months you've been together but I think this tends to happen more obviously in the first eight months of dating, although it does happen within a relationship at times. So you've been on five or six dates and all of a sudden, you normally hear from the guy most days and he hasn't called you or made contact with you for four days for example, or two or three days. So women then tend to get proactive I suppose or reactive, which means they may send him a text or they torture themselves inside out thinking that something's wrong. So what would you say then? Do nothing or you can send him a little text and say... - what's your recommendation?




Carlos: The best way to do that kind of communication, you have to be able to put communication out that doesn't sound like it's craving a response or desperately needs a response. Because then it sounds needy and it feels needy and it puts us in that weird mode of either being needy. So the best thing to do is just put it out there as if you're literally like putting a message in a bottle and you were saying it like somebody's on a ship and they're sailing off and you're just yelling one last thing at them and then you're going to turn and walk away.

What I mean by this is something to the effect of, "Hey I just wanted to wish or I hope you're having a great day. I'm going to the gym soon and just thought about you." Leave it out there. Don't ask something too pointed that says please, please, please respond to me because I'm panicking over here, right? You put it out there and then see what he does with that energy, right? Chances are if it's very neutral like that and just kind of a goodwill, "Hey I'm just thinking about you." He'll


respond. But if he's in a mode like he's just needing that little, like guys sometimes need their space, he doesn't want to hear, "Hey, wondering what's going on with you. Why don't you call me? Please call me. Why aren't you calling me?" We don't want to hear that and that's going to freak him out and he won't call.

 **Nadine:** That's right and also on an energetic level, I think women think that, oh yeah he can't tell that I'm a bit annoyed or a bit pissed at him when in actual fact, they might not be saying anything and trying to be cool but energetically they're still speaking volumes that they're annoyed and there's a needy energy. So getting women to not do that is sometimes difficult because they try to pretend that they know they're not supposed to be annoyed or feeling hurt and then they're still saying it without saying it.


 **Carlos:** Yeah that's true and that's why I think texting if it's done right with very few words can work better because it doesn't give you a whole lot of space to mess up.


 **Nadine:** Yeah, exactly. No questions at all, just a statement girls.


 **Carlos:** Under 60 characters or less, keep it down.


 **Nadine:** So okay, now that we – and I love that we spoke about that because it's one of the biggest things, I mean I've been there and I think many go through it on some level too if the girl is a little bit more, you know, not as great of a communicator as some other women can be.


Okay, so you're in a relationship and you're with a guy and you want to communicate in a way to get what you want and without being a nag, how do you do that? What's the best way for women to get what they want and to communicate better?

 **Carlos:** Well is this something like you want him to do or something that you're trying to communicate that you just want from relationships, something in that area?

 Nadine: Yeah I think that like, let's talk about relationships because there's a lot of women who are listening to this and some of them are dating, some are single and some are in a relationship or in a new relationship and at the early stages of a relationship where there might be a hiccup or even just through out of a relationship, I think people can get a little bit sloppy and they can speak to their partner in a way or communicate in a way that doesn't get them what they want. So maybe like yeah, maybe for someone in the relationship.

 Carlos: Well a lot of couples do fall in to something I call a pattern of "indirect communication." That is, they assume things are communicated or understood or they leave those things unspoken like you're talking about, and the mistake in belief that the other person should just know it, right? They should just pick up on it. You should just understand that's me and read my mind. It's so funny how we put that out there and we don't think we're saying, "Please read my mind" but we're saying "Please read my mind."

 Nadine: Why can't you see that I want you to do this?

 Carlos: Yeah and I think that – you know what's funny, I think that comes from a belief that we don't want to believe that the person can't pick up on that because that means they're not really as connected to us as we thought they were, right? So we're offended and we're hurt that they didn't see that because anything else would mean, oh they're really not as in tune with us as we'd like to believe. When in fact, nobody's really that in tune with another person; I mean yeah we can become pretty in tune but we're also looking at life through our own filters in our own eyes.


But back to your point about getting what it is you want, that indirect communication is we try to avoid the elephant in the room to avoid the possibility that the other person is going to reject us or revoke their love, right? That's some really, kind of a deep seethed thing. We don't think that logically but that's what's going on inside our emotional mind and we end being unclear about our boundaries and our needs. So we have to be willing and able to step outside that comfort zone and press a little bit into that area without being demanding.

When it comes to getting what it is you want, make sure that – for women, this is just a general thing is you’ve got to be careful never to punish or chastise verbally; or through behavior even. It’s really difficult and something that we’re all very aware of, yet we fall back on it as being the easiest way to get what we want, right? Just demand it or be very catty and negative if we don’t get it. We assume that this is sort of like asking for what we want but in a negative way.


For men, well for women, I always kind of advise and this is something I learned from a good friend of mine, one of the best things you can do is demonstrate the behavior and do the thing that you’re kind of expecting the other person to do, right? Just asking out of the blue for somebody to do something without your ability to do it yourself and show them, usually they’re going to see your behavior and they’re going to want to follow your lead.

But to get men to do something, here’s an easy way for women to do that. Appreciate the behavior before it’s even demonstrated. That means, this is one of those weird things where we’re going to resist it and go, “No way! Wait a minute; he’s not taking the trash out at night. Why would I ever compliment him on doing that?” That would be just as simple as how you could do it. You could just say, “You know honey, I just love the way you’re always a step ahead of me and you’re cleaning up stuff without me having to ask. You take the trash out without me even having to bother you about that. It really helps me put a lot.”


 Nadine: And you haven’t done it in three months.

 Carlos: Yeah, it’s really hard to do that if the other person hasn’t done that but it sure as hell is going to get your way a lot better than, “Why won’t you ever do what I ask? Why won’t you ever take it out?” Any kind of negative method of communicating that is like hitting him over the head with something to get him to do it. But unfortunately again, that’s what we’re used to. We’re accustomed to it. It’s how our parents kind of – it’s how we handle kids in a lot of cases. So just remember, if you want to get him to do something sometimes, the best way to do it, if it’s not too far down this path anyways, is just to compliment him on the behavior that you want in advance for


him actually doing it. And he'll live up to it because he has that desire that he knows he wants that makes you happy, now he wants to live up to that.

 Nadine: Yeah and look, even in a man's mind or even in anyone's mind I suppose, even though they haven't done it in however long and it seems like it's too long, in their mind, they'll probably think that was only last week. Time flies.

 Carlos: Exactly.

 Nadine: Anyways, I just love that. So, okay so basically don't make your guy wrong. Try to empower him with how you communicate about what you'd like and none of us want to be made wrong. I mean women and men are different in many ways and in some ways, men are more sensitive yet no woman likes to be told that they're doing something wrong either. Generally, we all get the hairs in the back of our – like a cat, we kind of rear our backs up, so that probably leads me then to, men and women's communications styles can be quite different.

So and maybe we just sort of covered it but if there's something you want your partner to do or stop doing, is there even, beyond what we've said, is there anything else that you want to share there that you have found... you're married or you're in a relationship and you've got children, is there anything with you even that you find or with your partner that you think, "Oh that's what really works well in our relationship."


 Carlos: Yeah one things I've noticed and this is consistent in every relationship I've seen that really works well and it's funny that they all seem to just kind of intuitively do this is something I call the "tease and nickname" technique. What it is, is a way of taking the negative emotional charge out of something that you want to bring to their attention.


Like I'll give you an example, a friend of mine and I'm going to give it from the men's point of view for just for a little change of pace - He had his girlfriend coming over on a regular basis and she would totally trash his bathroom when it came time to putting on her makeup and stuff in the morning

because she would typically leave from his apartment to go to work that day. And he was just getting a little but annoyed by it and he didn't want to be negative and mean but what he said was, "Honey, I really love that you leave behind all these blush and makeup, I've decided that I'm going to try this particular color of lipstick myself and I really do like this kind of foundation too, if you'd get me more of that, I'd really like it."

He kind of went into detail like this and she was starting to get the point, she was like, "Okay, I get it. I get it." And then he kind of nicknamed it, he nicknamed it her – I forgot the exact name he gave it but I think he called it her, "Maybelline hour" and kind of implied that that was what she was doing when she was trashing the bathroom and said "Honey, have you cleaned up after "Maybelline hour?" and she's like "Yeah, I'll get it, I'll get it." And she did because it was fun and it was funny and it wasn't meant to be a brow beating or a slap across the back of the head. It was just a fun way of bringing that to her attention and they could laugh about it and it was just a playful way of doing it and that works. That works for both sexes really, really well.

 Nadine: You try to see the humor in the situation and make it a bit fun.

 Carlos: Yeah, like you're not annoyed and that's one thing we do is we bring out the annoyance in our voice and the anger and the, "you-did-something-wrong-to-me" and of course nobody's going to respond to that because that was never their intention. But it kind of, like you said, it makes you dig in your heels, the hair on your back comes up and you're like, "Grrr! I'm going to resist, I'm going to resist; just because you're kind of attacking me."

 Nadine: Yeah and I think that the more evolved that we are, the more clear about who we are, the less we tend to do that and a lot of us get triggered by our past or maybe our mother was really strict or whatever it was. So sometimes when we hear someone saying something, it can actually link back to other things and it's not always what's going on in the present situation. And I think that the more evolved we are, the easier that can become with dealing with these kind of situations.

Carlos: Yeah, I agree.

Nadine: Yea, okay so let's go back to dating for a moment. So when we're dating, when we're trying to find out about the guy that's sitting in front of us, what are some of the best questions to ask a guy early on in your dating sort of courtship with somebody?

Carlos: I'll share a great tip I used to give to guys. It works for anybody really and it's a way to kind of cut past a little bit of the small talk and the chit chat that we can kind of get bound up in and never really get to anything good. If you want to learn about somebody and you really want to bring out some of the things you need to look at to see if somebody is good for you or not, I use something I call "power questions."


A power question is an open-ended question that just kind of cuts immediately to some fun talk or what we call "big talk" as opposed to small talk. Like I'll give you an example; I for a while was kind of a master of speed dating and I even was an organizer for the events here in San Francisco. For a while and I learned quite a bit about it and one of the things I discovered is the use of these questions really quickly set me apart from the rest of the guys that these women were talking to. Because you want to be memorable enough that they're going to check yes on their card and they're going to want to see you again. So I knew I only had eight minutes or whatever it was, five minutes to really make an impression so I would ask one of these questions; I'd give you an example. "So what are you doing to make the world a better place?" and immediately we're like, "What a, what?" because we're used to somebody saying, "So what do you do? Where do you live? Have you been here..." All that stuff we constantly use because it's comfortable and it's not offensive. Instead I would just kind of jump right in to the deep end and say something like that and they're like, "Wow, I never thought about it!"


It also shows that I'm thinking a little deeper, I'm thinking beyond the superficial and I'm also thinking critically. I'm looking at the person with a little bit of an analytical eye which is realistic. I think a woman doing that is also really good because it sets up an immediate kind of expectation.


Not too critically of course. Just do it with a fun tone. But asking a question like that, or you can ask something like, if you can have any career or job in the world, what would it be? And what you're doing is you get them to think in terms that shows you who they really are; kind of breaking them out of the mold.


Dilemma questions are also really fun. Things like, "Would you get a really big tattoo to save an endangered species?" Figure out their moral compass and you kind of get them thinking and it breaks past a lot of this superficial BS that we put up when we talk with people. So those questions are really good, the power questions but even better than that, if you want to learn about somebody, just really tune in and dial in and watch their behavior.

For women, one of the big things I tell them to do is to watch how a man treats the wait staff or the people that you know, you can tell from the bartender or whoever it is that they talk to or order from whenever you go out on a date and just really see how he treats people he doesn't have to treat nicely. You'll get a really big indicator right there.


 Nadine: Absolutely, It's the whole character side of things that I think women are very good at overlooking. Men can overlook it too. I mean men can get hooked on things and so can women but yeah, character is what makes a relationship work, right?


 Carlos: Yeah, for sure.

 Nadine: Absolutely. I think that we've all overlooked things in the past and you definitely learn along the way. But some of us continue to make the same decisions or whether they're right or wrong but they're not great for us. Everyone listening here has probably been on the dating scene for awhile or in a relationship they're not that happy with, then we've got to change our patterns and do things differently. So this is what this is all about.

 Carlos: When you're at the stage early on, this is like the best time to be making these kinds of decisions because once your heart starts getting involved or your lusts starts getting kicked in

to gear, you're going to throw rational thinking out of the window so you've got to use that time as best as you can and short circuit some of those self-defeating behaviors we get into. Like you're saying, sometimes we ignore those things and the reason why is not because we want to ignore a red flag; well it is, it's because something else is competing with it. Like our chemistry, the physical desire of part or maybe something else is attractive.


 Nadine: And actually talking about that, what is your recommendation that you went a lot with guys, you know how they think. I have my own guidelines or the way I think when sex should come into a relationship. What are your thoughts? What do you think is the best way for women to go about getting physically involved before they get hooked on – you know, so that they get hooked, they don't get hurt or so they're making better decisions with men?

 Carlos: Well if her goal is a relationship and I think most women's is or if you're in your early twenties, I don't know, I can't really say depending on age either but if you're not in the mode of looking for a long term commitment that might lead to a family then go out and have fun; do whatever. But if you really do want a relationship and you want to build that, the thing that has consistently worked is to wait; to hold off a little bit. Now exactly how much time, I can never tell.

But when it comes to the three date rule, that's a place to start. Honestly, it's a matter of making sure that you are first of all establishing the boundaries. Because the reality is that guys, this is one of those misperceptions I think you can probably tell us better by just explaining something about guys to women; guys do want sex quickly but we don't like it when we get it. It's like getting the toys before Christmas. It's like being able to open up all your presents. It's very, very deflating, depressing and just totally disappointing. That's why a lot of guys do leave you because they got it too easy. Now there's no fun, there's no thrill, there's no chase. We absolutely need a challenge and a chase and we want that even if we'll never verbally admit it and even if everything we do seems to override that; the reality is that you stand a much better chance by waiting.

Like I said, there is nothing wrong with just jumping in bed if you're not looking for a relationship but if you are, then you have to hold back that much because you have to – there's a dynamic and I call it kind of the currency or the negotiation energy of a relationship and that is, there has to be dynamic tension, those good sexual tension between a man and a woman and that is created automatically by the most natural thing on the planet, which is our sexual desire. It's there for a purpose and our little evolutionary mechanism that we've come up with which is women tend to say, "No, no, no, no" and men are like, "Please, please, please, please" and women are like, "No, no, no, no." It goes back and forth and it's a tug of war.


That's what builds attraction in men and that's what also makes him stick around long enough and it fuels these brain chemicals. You can read all about these in some of the books they've come out recently but how this process actually creates bonding in men and women. It's the not getting what you want that makes you continue to stick in there and really drives up the desire. You can see that in everything, every pattern in your life has probably gone through that. We don't really, what's the word I'm looking for? We don't – I'm thinking the Janet Jackson song now, the "You don't appreciate what you got until it's gone."


 Nadine: But I know what you're saying. It's like what Steve Harvey talks about, his thing about the "cookie"? You've got to hold back on the cookie, which is sex and you can't give the guy the cookie, I think he's says for something like 90 days or something, there is a 3 month probation which is probably a little bit too long.

I actually was in a relationship with a really amazing man and he was a lovely, beautiful person and I think that we waited around seven weeks, close to two months before we actually slept together and it was probably the worst sex I've ever had in my entire life and yet, we had such an amazing emotional connection by that stage and I knew about his past and he had really deep trauma in his life and I thought well, I'm a coach and if anyone can help him, not that I wanted a project by any means because he didn't present like he knew he needed a lot of help but when we actually slept together,

it was definitely, whoa what is going on here because there is definitely something's not right here.

It was very difficult for me and I didn't end the relationship for a while and I went to a therapist with him about it and in the end I just thought, you know what, we're just too different. There were lots of things presenting and I ended up ending it and we're still very good friends but yes, sometimes waiting too long isn't too good either.

 Carlos: Now that's a very excellent point. It's something I do point out. I really don't think that – everybody comes from a different moral and a religious sometimes background and I'm not going to talk to that at all but the reality is yeah, you do need to – there's a certain amount of letting out of the steam that you have to do at a certain point. Don't go crazy with this stuff because you can get yourself a little too involved and then realize, "Oh my God! What have I got myself in to?" So yeah, there's a time to finally take it out for a test drive.

 Nadine: Yeah. I think that if you're getting that sense that this is leading towards a relationship and that leads me to monogamy - is this person sleeping with other people? Not that you – you know I think that it takes a little bit of time and I don't want women to get hooked on men that aren't really great relationship material. If that's what they're wanting, unless of course as you said before, if you're wanting a relationship, take your time otherwise do whatever you want.

I do think that though women – because life has changed and men are confused how to be a man and what is it to be a man sometimes and women are more liberated and more independent, and I think that some women believe that they should be allowed to have sex with a guy because they want to and they should be able to do the same as men? I understand this, and at the same time I think, "really, come on girls, the fact is that you want to get to know the guy too regardless of whether they think less of you or more of you. I think it's important to try and not get too hooked on that, instead focus on getting to know the person and that would sort out the sex thing."

Carlos: Yeah, exactly.

Nadine: Yeah. Anyway, now I've got a couple more questions for you. In your program though "Password to His Heart" you do have a lot of this information in there, is that correct?

Carlos: Yeah, I talk a lot about the various, well basically revealing and kind of opening up what I call the "man map" to women. Exactly how a man's mind is working. Not the stuff that you don't need to know or the dumb little cartoony things you see all the time where it shows a map of a man's brain and there's a big section that just says "beer" on it, and that's ridiculous. That's really not helpful to women to understand because guys aren't that superficial or one dimensional.

But to really understand where his motivations, where his drives come from, what he's thinking and really to answer the big three questions about a guy that a woman needs to know and they revolve around understanding what stage he's in, because very often the mistakes a woman makes that can drive a man away come from not really fully understanding that a man goes through distinct stages on his way to being committed in a relationship. When you know what those stages are, when you understand that, you know exactly what to do.

Nadine: And also just to clarify, is this program also good for people in a relationship, or is it more for dating or does it work for both?

Carlos: Oh it works for both and I think it probably leans towards woman that may already be in a relationship but she's feeling a man pulling away. But honestly, if a woman knows this stuff before she meets a guy, she is going to be way, way ahead of the game - because she's not going to go through those moments of panic and anxiety over a guy pulling away, or any of his behaviors that are normally kind of a mystery are not going to be a mystery and she's going to feel much more comfortable. I think that's a key right there because when women feel like they're going a little crazy in a relationship, it's a panic on to itself because she knows that she is creating

that in some cases. Even if he's the one starting it, she's the one creating the dynamic and they don't want that. Nobody wants that in a relationship. But knowing and understanding these things about how men work, why they do what they do helps women to go, "Oh okay, he's just doing this. He's doing x, y or z." She knows exactly how to handle it and contend with it and not panic or freak out.



Nadine: That's right, no panicking. Stay in your heart and try to communicate without going into fear and I think a lot of our biggest challenge is staying in our heart and communicating and moving through life from our heart rather than a place of fear and being analytical and freaking out and allowing everything just to consume us.

Okay, so for those of us that are in a relationship and that relationship is struggling and you don't know what to do. Whether you should end it or whether you should try and make it work, what do you have to say to women in that situation?




Carlos: Well ultimately, your heart's going to have to give you that final answer because everybody's situation can be just so dynamic and different. The complication arises when you've been emotionally invested in it and for a woman, that's one of the hardest things to walk away from, is an emotional connection with somebody. It's just the way that women are built. It's not to say that it's easy for men by any stretch but I think in a lot of ways it can be more difficult for women to do sometimes what the man can't do.


When you're in a relationship, it's the toughest decision to make. Your viewpoint's skewed, your hormones are keeping you addicted to this person. The path of least resistance is always the one that's more attractive; which is to keep trying, to keep working on it, to keep going forward because it just feels like the easiest thing to do. The hardest thing to do is leave the known for the unknown that could be worse. There's that saying, "Better the devil we know than the devil we don't know."

Again, that's just where a woman has to – the best thing I think that a woman can do and I'd advise this for guys too is to get


that third party kind of neutral feedback. Don't go to a girlfriend who doesn't like the guy. Go to the girlfriend who thinks you guys are at least somewhat okay together and understands you and understands what's going on and get that extra perspective. Tell her what you're thinking. Don't ask her, "Hey should we break up?" That's not a fair question to ask but ask the things that are related to your decision as to whether or not you're going to be leaving or not. Like, do you think this guy is really ever going to propose, do you think this guy is really in it, is he really committed, do you think he's a faithful kind of guy; things that you can base a real decision on and then you're more willing to make that decision when the time comes.


 Nadine: And there are things that are obvious, like deal breakers, like abuse and cheating and all those kind of things. I don't think that cheating necessarily means that a relationship has to end particularly if it only happened once, it really depends if you can work through it and grow and heal. If the guy's a perpetual cheater and women cheat too, I think the statistics are more women cheat than men now. So I don't want to be saying that men are cheaters because I don't necessarily believe that.

However, there are certain things women are very good at overriding even those deal breakers. As we still say and then there are - I mean for example your program, it could be just that, the relationship has disconnected and maybe if you've tried different ways of communicating and maybe you do have a habit of making your partner wrong and if you want to change it and be more empowering, then I'm sure you have some great information about that in your program to know what to do and to try different things. Maybe you need to change your approach and then your partner may come forward and if you tried everything, and it doesn't work, well then you have a decision to make.


 Carlos: Exactly, yeah. Some of them call it the "contribution factor" which is what we often overlook in our relationships. We always look at, "Geez I'm not getting the love from that person." But ask yourself, why is that happening or, "Boy this guy just constantly walks all over me." Well you have to ask the question sometimes, the uncomfortable question what did you do to make that okay in the relationship;


because that's what really happens. When I talk to people that believe that divorces can be one sided, I have to tell them no, there's always a contribution factor from both people. It doesn't mean that one person – that both of them are totally horrible or anything like that. It just means that there's always something both people did to kind of put themselves in that situation.

 Nadine: Actually that links to something you said really early on when we started talking at the beginning. You said that women are so fearful of their feelings or their boundaries being rejected or fearful that the person's going to leave them. Very early on in the relationship women (or anyone) teach the guy how they want to be treated. It's the early stages of a relationship when you set the pace of the relationship, the kind of quality of the relationships. So what would you say to the women out there that are early on in a relationship or even not so early on that are so fearful of communicating what's important to them or creating boundaries around certain things?


 Carlos: Well I think the first thing is get my program and understand how to communicate with guys!

 Nadine: Do that ladies.

 Carlos: I do explain that there are certain ways, it comes down to that communication thing, right? We want to know how to communicate and neither side, neither men nor women always understands how to communicate the best at the best times and we just have to know how to do that well enough. For women, a lot of that can come down to knowing how to communicate those boundaries up front in a way that she doesn't feel she's being a bitch or being too structured or difficult and is not being the soft nurturing woman. It doesn't make her feel feminine to do these kind of what look like masculine things in a relationship, right? But there is a way of doing it without jeopardizing that. To keep the energy there, the correct masculine-feminine energy and to make sure that he respects those boundaries. There are ways to doing that.

 Nadine: Yeah I think when I was younger, I was a lot more masculine in my approach to things. For me personally, I definitely grew up in a very right and wrong environment and when I would communicate with men in my twenties, I would be very much, "I don't like that. That's not okay." To a point it's acceptable if something quite drastic happens, but most often for me it wasn't the worst thing in the world that had happened and I really delivered my feelings poorly. So I myself had to learn to soften, to share my perspective on things, not necessarily making it an absolute truth and also take responsibility as well for things because, to be quite honest, I think I would scare people a little bit and I wondered why guys were like, "Whoa!" So definitely I've been there and I now communicate so much more effectively.

Okay so, before we wrap up, you know everyone has this fairytale of what they would like their relationship to be like and we all want romance and most of us crave it. So how is the best way to create that fairytale romance?

 Carlos: Ah the fairytale romance, what everybody dreams of. Well, yes to start asking yourself the question is it really the craving for a fairytale romance that you want? That's the first question you have to ask. It's okay if it's yes or no but you have to understand - is your definition of that unreasonable as an expectation for a relationship. Is it something that's really realistic? Or is it, you have this idea or visualization of what a relationship should be in your head and you think you want that but your patterns of behavior in a relationship tend to do the opposite. Like I would often tell myself hey I really want to commit to a relationship but what I was doing was kind of a serial monogamy thing, jumping from person to person. What I needed to admit to myself was I was kind of shopping. We have to be careful about indulging in that dangerous notion about the fairytale. Well of course for a fairytale there's inevitably a prince and a princess out there, right? You don't necessarily want that but you should believe in the romantic ideals to some degree because they are what make relationships so awesome and cool and special.

So you have to kind of temper it, right? There is an idealistic part of you that has to really be in touch with that passion

and the energy to have that relationship because that's what's going to give it the fuel it needs to keep it going and yet be tempered with an understanding of how relationships really work. Sometimes, it's doing things that don't sound like they're out of Grimm's or any of the fairytales out there. Grimm's fairytales are probably the worst ones to build a relationship on by the way. You don't want to push your maiden to the over or anything like that.

Nadine: No, not every day.

Carlos: Not every day, not exactly. Just keep it on a really low heat, just in case.

Nadine: Yeah, yeah. The only heat you should be having is in the bedroom right?


Carlos: There you go. Light those sheets on fire.

Nadine: That's right. Okay so and I will ask this one other question. I'm just going to keep going with questions here. What qualities for women who are dating should you look for in a mate that would pretty much equate to a wonderful, successful relationship?

Carlos: The qualities that I would say – well one of the big ones and this is really important, it's kind of like an open social skill in a lot of ways is something I call, "looking at you – looking at me." It's the ability to see through our partners eyes back at ourselves. To kind of see what they're seeing and understand. It's the old Steven Covey thing, "To seek to understand first before being understood."

You know if you push that, "Please hear me, listen to me, listen to me." That's not going to work because the other person digs their heels in and then neither person sees anything. But if you stop and you can let go of the immediate, emotional urgency which is usually what causes the problems in our relationships, you can let go of that for a little bit, look through the other person's eyes and see what they're


seeing. It's the old walking that mile in a person's moccasins. It's that ability just to see yourself through their eyes. You'll get insights about yourself, you'll get insights about the other person and you'll immediately have an understanding of what to do in the relationship too. That's really an amazing thing to develop. It takes time but it's really worth it.

 Nadine: Now totally, I love that. I totally agree with that. Because the thing is, I'm not talking about being in a relationship with someone who's really just not a nice person. If you go out with a decent guy who's pretty good to you and most of the time, they're not trying to do things to be horrible. So they're normally they've said something or they're behaving in a way that if you actually seek to understand then you'll probably get a very different perspective and they're not trying to be horrible to you normally. It's just your perspective on how you see things.


Actually my grandmother, I have a Russian grandmother and I was at her house the other day and it was gold. I actually got out my phone and started recording the conversation and before I got the phone out, she even said some other things that were really just quite interesting and she was even saying stuff that I write about and so she's not 90.

She says, "Darling, in a relationship..." she said, "You are both right." And I thought wow! She says, "He's right. You're right. You see things differently so you're both always right. You just try to understand each other" and I was like, oh my gosh I have got to get this recorded. I loved it!


 Carlos: Yeah, that's good. I liked that too. I like it with the accent too. That really adds to it.

 Nadine: I tried, I tried. I think it's a little bit different to that. Even with the Russian heritage, I don't really know how to speak with a Russian accent. But anyway, so now we really are going to wrap it up. So what are the things that you're most excited about? I know that you're really so very passionate about working with women and helping women. So what do you want your listeners to learn about you and to know about your

program a little bit more and I'll give the people the link to that in a second. So what would you like to share?


 Carlos: Well I'm totally excited about the new articles I've been writing for women. These new, what I consider to be hopefully might sound grandiose, revolutionary programs that I'm creating to help women create that loving relationship that they desire with their man, without the pitfalls of losing their connection with them. Best way to never have to feel that is never put yourself in the position. There's ways to actually proactively make your relationship everything you always wanted it to be.

I've also been working on showing a woman what's going on inside a man's mind and that's what I was caught talking about; the "man mind map" It's everything from a myriad of reasons; why men pull away, to why we choose to connect with women and the ones we don't choose to and the traits and the things we're looking for that'll really make him yours forever. So I really encourage women to take a look, at least get my free "perfect passion insider tips", my newsletter, I've got some great videos we'll be producing for the site as well as a very interesting little ebook that I put out recently that a lot of women like. It's called, "Confessions of a Commitment Phobe" or actually former commitment probe. It's the ultimate date that a woman can create for a guy that's going to really knock his socks off. That's all I can say about it.

 Nadine: Oh goodness! That sounds – I'm intrigued. Okay so for everybody who wants to learn more about Carlos Cavallo and how you can break through the walls around your man's heart and who doesn't want to know how to do that; and to connect with him on a deeper level and make him yours forever, you can head to neverlosehim.com/password and we'll also provide you with the link to Carlos' newsletter and the free information that he has there as well.

And look Carlos, I want to thank you so much for being part of my healthyyouhealthylove.com love room and I look forward to staying connected with you and even sharing more and more information with my viewers and readers and I just loved what you shared and it's been a great educational

interview. Not only are you very knowledgeable but you're also a fantastic guy because I've spent a little time with you and your quality and you really believe in women and you treat women well and once again it's been a pleasure.

 Carlos: It's been great to be here. Thank you so much!