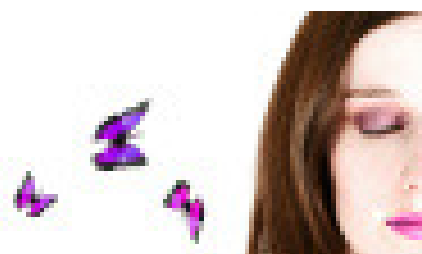


# Donna Intera

Relationship Training & Coaching



## 7 Mr Wrongs & Mr Rights

This report has been written to give you an overview on 7 types of men that make it difficult for you to have a relationship with. This list does not contain all the types listed in the workshop: How To Get the Love You Want.

1. **Selfish**
2. **Disconnected Man**
3. **Critical**
4. **Lustful**
5. **Deceitful**
6. **Controlling/Angry/Violent Man**
7. **Unavailable**

### The Selfish Man

Mr Selfish does everything on his terms and has a difficult time seeing things from others point of view. Do you recognise this man?

- He often puts his needs before yours and will not respect your no. He will push for things to be done his way rather than working as a team.
- He is offended if you disagree or want to do things differently and may accuse you of thinking of yourself.
- His plans and life goals may look like they are for both of you but they are really about his preferences. He doesn't show the same interest in your plans. He looks for a woman that will follow him where he wants to go without giving much consideration for her desires.
- He isn't always there for you. If it puts him out, or causes him to lose time or money, he will often fail to come through.
- He will let you do most of the work in the relationship.

#### Warning Signs

When you are dating him does he show much interest in you as a person? Is he asking questions about YOU? Or is he talking about himself all the time? Have you found yourself waiting for him to get involved in your world? Does he pressure you to do things you don't want to do? Are all your dates centred on his activities, family, friends, and interests?

#### What Kind of Woman is he attracted to?

Mr Selfish chooses a woman who has not yet learned to value herself. She feels guilty for asking or wanting things and feels more comfortable focusing on his needs. She thinks she has no right to be taken care of or respected and so puts herself last. Mr Selfish likes a woman who does not expect much because then she won't ask much from him. She is often consumed with guilt if anyone offers help and has a habit of apologising for everything!

#### What Does Mr Right look like?

Mr Right is genuinely interested in who you are as a person. He will be concerned that your needs are being met in the relationship. He won't throw a tantrum or make you feel guilty for saying no, and will respect your boundaries. He will want to work in partnership, offering his support to help you reach your goals in life. He is the type of man that finds pleasure in sharing life together and won't repeatedly remind you of 'all the things he has done for you'!

## **The Disconnected Man**

In general men don't communicate their feelings as naturally as women do. That's Ok but what you want to avoid is the man that is disconnected from his heart and emotions. He 'goes it alone' keeps his distance and does not allow himself to open up. For a relationship to work, both parties need to be themselves and this means being vulnerable (by being who you are, sharing how you feel and being involved in each other's worlds). This man has difficulty being himself. He is disconnected from his heart so it is difficult to create emotional intimacy. He connects through what he does rather than who he is. It will be difficult to share the deepest parts of you because he hides himself. It is very lonely to be with this type of man.

### **Warning Signs**

Tends to shut down, can be moody and quiet. Not sure what is going on in his mind. Deflects conversations away from what is really going on for him. Avoids heart to hearts, may use stimulants/drugs or some forms of recreation or work to hide or shut down his true feelings.

### **What Kind of Woman is he attracted to?**

Of course, one that will leave him alone! A woman who has difficulty opening up and being herself will help keep the distance. Yet it will do little to help either one feel connected or part of friendship and community.

### **What Does Mr Right look like?**

Mr Rights are the type of men that have something to share of themselves. Like all men he will love his toys be it cars, bikes or sports but he is also a man capable of developing intimacy in relationships. He will take the risk to speak what is on his heart, listen to feedback, be teachable and open to learning and growing and can relate to the whole of you.

## **The Critical Man**

The critical man has high standards, nothing less than perfection will do. He can always think of ways in which his woman could have done things better. He might say he is just being helpful but being in the presence of someone that can never enjoy your contributions and efforts can be both draining and demoralising. Some people can make you feel loved and special, inspired and motivated, welcomed and accepted but the critical man leaves you feeling never good enough and exhausted from trying to please. If you do manage to live up to his standards in one area he manages to find fault in another and so the criticism continues. The more you try to win his approval the less respect he has for you.

He may find fault with the way you dress, the way you do your hair, and make comments about your weight. He may compare you to others or take over because you 'are not very good at it'. He may make comments about your inability or weaknesses but then say he was joking. He may want you to 'look more like someone else' or you will regularly hear 'why can't you do that?' He may embarrass you in front of others by putting you down. Other times it's not what he says but what he doesn't say. He never shows approval, never compliments, or makes the effort to build you up.

### **Warning Signs about Him**

Listen carefully and you will spot the critical man. Confident and competent, he wants to help you become a better person, teaching you how to dress, dine or work better. He wants to improve you for your own good. He might be very nice to you but does he put others down in front of you? (His ex girlfriends, etc). Tread carefully, because at some point he might be talking that way about you! Watch for the sweet and sour compliments, (you are not that good looking but something about you really attracts me to you/nice shoes but those colours were a bit of a clash!) *Please note receiving feedback is important but there is a difference between receiving feedback and being criticised.*

#### **What Kind of Woman is he attracted to?**

A woman that feels she is never enough and needs to win approval from others will tend to gravitate to critical people. Not because she likes the criticism but because she is used to those types of relationships and because she doesn't realise that she is OK! She might have difficulty speaking the truth and more likely to submit to his way for an easy life.

#### **What Does Mr Right look like?**

Mr Right doesn't feel the need to change you. He chose you because he liked you just the way you are. Any feedback will be done out of love and not judgement and you will be able to tell the difference! *You will both be better people for having known one another.* You will know you can be yourself around this man and that he won't make you pay for it. He doesn't demand perfection – actually Mr Right is looking for a real woman and is not into fixing women to his 'standards'. He can accept both weaknesses and strengths because that is what makes us human and what being in a real relationship is all about to him.

## **The Lustful Man**

The Lustful man has difficulty delaying gratification, whether that is with his sexual appetite, money, or material possessions.

He is used to getting his own way and sees no harm in taking care of his needs first. He may pressure you to have sex and cannot understand why you won't give in to his advances. Or will say he can't wait because you are just too hot! If you still don't give in then he will say obviously don't care about his needs! He may become angry and impatient if you don't give in and will withdraw or make threats about leaving in order for you to feel insecure and give into his demands.

He has an eye for the ladies and is easily distracted by an attractive woman, you never feel relaxed or that you have his full attention when out with him. It's always a case of 'is the grass greener on the other side?' He might have a sexual addiction problem, and/or find it difficult to stay faithful to one woman. He may tell you that despite how he is he still loves you the most but his brand of love fails to produce loyalty and faithfulness.

#### **Warning Signs**

He has difficulty seeing beyond appearances. He uses a lot of sexual talk, makes comments about women's physical features, can be very complimentary, 'smooth talker' seems to know just what to say to relax you and make you feel like a woman.

He feels far more comfortable getting close through sex than he does sharing his feelings and committing to intimacy. You are never quite convinced he is telling the truth about his relationships with other women and he can be secretive about his whereabouts.

#### **What Kind of Woman Is He attracted to?**

Any woman who thinks she can win love by giving sex will be easy for him to woo. She may fear rejection and want to please and give sex before she is ready. She may need his attention because she feels discontent about her looks or life and is drawn in by the attraction and

excitement. She may also have difficulty developing intimacy and sex takes the focus off self development.

### **What Does Mr Right look like?**

Don't think that Mr Right is not going to find his woman sexually attractive because he will. Difference is he is interested in the whole package. Just like you, he wants to find out if you are a good match for each other in every way. He is willing to wait and won't pressure you to do things just because he wants it now!

## **The Deceitful man**

The deceitful man can fall into 2 categories. He might be someone that has never had true authentic relationships and will lie to so that he doesn't have to face the fear of pain, humiliation or loss of love.. The second type of deceitful man is someone that lies as a way of being. He has core character traits that won't allow him to be truthful and is just plain deceitful.

The first type can and do sometimes grow. When he finds acceptance from others he learns to be more truthful but in the meantime you will need to ask yourself if you want to open up and share your life with him at the risk of being lied to. It would be far safer to step back and let him learn to be congruent before you try continuing on. The second is plain dangerous. Perpetual liars are not safe to be around and you would be a wise woman to move on and not spend time around him.

### **Warning Signs About Him**

The deceitful man will lie about facts, addictions, finances, achievements, where they were and who they were with. You will notice that his stories will change or he will be silent, elusive and even threatening if he feels backed in a corner by your suspicions.

### **What Kind of Woman is he attracted to?**

The deceitful man is counting on the woman to disown her conscience. Let me give you an example: I recently watched a documentary about a woman who was sure her partner was cheating. She said, he stayed out late, came home late smelling of perfume and women's hair all over his clothes. She even found voice mail messages left on his phone from other women. He strongly denied it and accused her of not trusting him.

Despite the overwhelming evidence of his cover up, she chose to ignore it. Denial done nothing for her health and well being and the longer she turned away from the truth, the further she slipped into depression. She could not eat, or sleep and suffered immense emotional pain. She lied to herself while he lied to her and both were equally destructive.

### **What Does Mr Right look like?**

Mr Right is a man of honesty and will be clear and straightforward with you. There will be no second guessing and no sinking feeling that what he saying doesn't add up. Having nothing to hide, he will be consistent in all his ways with you. He will know how to speak from his heart and speak the truth with love. If there is anything that is causing mistrust he will want to address that with you rather than run away from it. His goal will be to create trust, not destroy it. He will care about how his actions are affecting his relationships.

## **The Violent/Angry/Controlling Man**

I recently had a conversation with a woman in her seventies who was married to an angry and controlling violent husband for 30 years before she found the strength to leave him. I asked if she had seen any warning signs before marriage and she replied that he had only ever showed his anger once - when he slapped her hard across the face. She said that this one incident should

have been enough to pull the brakes but she excused his behaviour. She solemnly warned that if a woman was ever hit she should call off their dating relationship. Physical aggression is not the first sign of an abusive person. You can discern unsafe behaviour early in the relationship by the way he blows up, gets impatient and uses threats of violence.

Controlling men don't feel safe unless they are calling all the shots. Everything has to be on their terms and they don't like independent thought or action. They want to make the decisions, change the decision, tell you what to do, and have it their way.

The best way to identify him is to have your own independent opinions, life and thoughts before you start dating. Practice saying no and be assertive, if you are dating a controlling or angry man his character will surface quickly as he won't like you saying no to him. If you are the passive type, and slow to assert your opinions and preferences, his character issues won't surface as quickly as he is not being challenged by you in anyway.

In fact in the beginning, the chances are he will be charming, happy and grateful for being with a woman who is so understanding, flexible and agreeable. So be yourself from the beginning and you won't get caught up in a net with these guys!

### **Warning Signs**

Besides the above he may have a history of violence (either personally and/or family background). He blames all the mistakes made in his past relationships on his ex partners, he is impatient, may have an angry attitude towards life, or the type to sit on his feelings allowing them to bottle up. He may feel let down by God, society, family and women. He comes across as being in control and can take care of anything, which may seem appealing at first, like he can cope. This is especially appealing if you are tired of doing things alone and have no support system.

### **What Kind of Woman is he attracted to?**

She is a woman that wants to keep the peace and is very giving and willing to work things out. She may have difficulty setting boundaries on unacceptable behaviour or know how to deal with conflict. She may think she does not deserve to be treated any differently. She may feel everything is her fault, preferring to please others rather than take care of her own needs. She fears anger and keeps the peace by slipping into denial, excusing behaviour and internalizing her anger instead of making a stand. (She will blame herself). She may be used to chaotic relationships, have a history of domestic abuse, or control, and/or not yet developed autonomy (is still dependant on others to feel secure in life).

### **What Does Mr Right look like?**

Mr Right knows how to be assertive, take responsibility and show initiative but there is a big difference between making a stand and being abusive. He will be able to express his anger but he certainly won't take it out on you or your family – emotionally, verbally, financially or physically.

Mr Right honors and respects women and is far more interested in resolving conflict through discussion. Some guys will be willing to seek outside support for conflicts in relationships or for their own internal challenges. He is a patient man and does not feel threatened by another person's autonomy and ability to say no.

Mr Right likes a woman who is assertive, has her own life, thoughts and opinions and can say no to him! He likes her confidence and independent life but also enjoys building something together as a team and does not need to dominate her life in order to feel secure.

## **The Unavailable Man**

The unavailable man is a man that is not emotionally present and/or is not ready to give you a commitment. He may want to date you but doesn't display any behaviour that shows he is pursuing you for a serious relationship.

Do you recognise any of these behaviours?

- Says he loves you but not ready for commitment but you date like a married couple
- Only time you spend together is in the bedroom.
- You never hear from him for days or weeks and eventually he responds but only because you were persistent in leaving him messages!
- He never initiates a call or date but is happy to hear from you and wonders why you didn't call earlier!
- Regularly doesn't show up for a date and says he fell asleep, got caught in traffic etc.
- Is still living with someone else/seeing someone else, but relationship is 'over' yet is seeing you and you are waiting for him to be a free agent.
- Has a lot on his mind or is very busy with work, travel and family and you feel you are always waiting for his time and attention. Constantly trying to figure out if he wants to be with you or not and find yourself dissecting every compliment and act of kindness as evidence that he must want you
- Don't know if you are a friend or a girlfriend even though you date, spends lots of time together and he is always telling you how great, gorgeous and fantastic you are
- Says he will call but forgets to call and rarely apologises for it
- Says if you are going to be together, he doesn't want any demands placed on him or his time and if you do pressure him, then he is 'out of here'.
- Not ready to be your boyfriend but treats you as if you are his girlfriend
- You are no longer dating but he calls to say he misses you and wants to keep up to date on the events of your life but makes no mention of getting back together (but you share your thoughts and feelings like you are dating him).

#### **What kind of woman is he attracted to?**

A woman that is willing to wait and hope that he will change his mind.

She is the woman that:

- Gives too much and so his incentive/motivation to pursue is curtailed
- Mistakes longing and pain for being in love
- Doesn't believe she can do better
- Used to dating unavailable men/history of detached relationships
- Unclear of her values, needs and wants and does not put this into practice when she dates
- Has fears about being alone and having someone is better than no one at all
- Does not like confrontations
- Afraid of facing a break up and going through the process of grief and healing
- Wounded and choosing partners out of need, rather than from her values and fulfilled life
- Lacks confidence that God/or Life will meet her needs and provide her with a partner that loves and wants to be with her.

*Waiting for love and longing for love is not the equivalent of being loved. You won't have to wait or guess with a man that is interested in you. He will pursue the object of his affections. Remember love is not longing, love always satisfies.*

#### **What does Mr Right look like?**

Mr Right has a full life but no guessing games with him. He loves spending time with his woman and wants to be with her. He is straightforward about where she stands with him. Because he genuinely wants her, he won't keep her on a string, he will be far too scared of losing her to take that risk! No, he knows that he has found the right woman and will make a commitment to work

on their relationship. The wrong guy is too fearful to say you are a mismatch either because he fears your response or is the selfish type who wants you on his terms. However, Mr Right will be free and available and will be with you because he things you are fantastic!

## The Next Step

If you want change, take your focus off him and get yourself in a position of strength before tackling your relationship. Don't focus on his behaviour, what he is doing and why he keeps doing what he is doing Chances are this has exhausted you, suffering low confidence, feeling lousy about yourself, perhaps lost your passion for life. (If you are living in danger seek help and support. Don't stay). Make a commitment today to focus on yourself for a while. Decide you want your life to be healed and work on the following areas:

- **What the real attraction is and how it fits your style of relating**
- **What your real needs are & how to have them met in healthy ways**
- **Discover your false beliefs, thoughts and ideas about love**
- **Regain loss of self worth and value**
- **Build a fulfilling & content life outside of a romantic relationship**
- **Regain your spiritual values and/or incorporate some kind of outside support so that you are not working through your challenges alone**

As you do this work your desires and what you are attracted to will change. You will develop the strength and courage to say no to what is not right for you. Your healing will make you whole and ready for more positive relationships.

Need help in breaking the cycle? Joanne Robinson specialises in helping women rebuild their confidence and make healthier relationships choices!

Contact her today for a free 30 minute consultation to discuss your needs!

**Joanne Robinson**  
**[mail@donnaintera.net](mailto:mail@donnaintera.net)**  
**07944 577 754**

### *Do Men Change?*

*Yes, they do! Of course they do. But like everyone else they have to do it for themselves. If you are the reason he changes his behaviour, you might be the reason he changes it back again. If a man recognises that his behaviour is hurtful and wants to become a better person, then he will change. As you grow, he may be influenced and decide he wants to grow too but is also free to decide to stay where he is and you can't change that! Waiting for others to change limits your life and your choices and you make them responsible for your growth and happiness! Your happiness is not limited by others choices, it is limited by the choices you make!*