

# LOVES ME...LOVES ME NOT : THE MALE INTIMACY CYCLE

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The other night I was watching the hilariously funny, yet very real movie, *“He is just not that into you”*. My mind was wondering for days about the story and thought about my fellow girls asking the same question: *“How do I know that he really likes me? What makes him call back?”* and *“How can a man just disappear and for weeks then appear like nothing happened?”* As I was wondering about the answers another question came to my mind, which I have been really curious about: ***“What is the reason that some men keep running away from a woman when he loves her?”***

Having my own share of experiences in this department with big life lessons I have been inspired not only as a professional but also as woman to continue learning about the inner conflicts which drive people to incongruence, which breaks up relationships and lives.

Believing that unconditional love has the power to resolve inner conflicts, and remove the egoistic surface, my search began. My intention was to share with you what I found in different sources as an explanation, to have a clearer picture and a better understanding, and to be aware of this phenomenon to use the knowledge in building and maintaining harmonious relationships.

It all began with John Gray *“Women are from Venus and Man from Mars”*. It was eye opening to read about the so called ***“male intimacy cycle”***, which is the official name of man ***coming close and pulling away from woman*** they love. As John Gray explains, when a man feels the need for love, he would do anything to get love and earn the woman’s love back when it is lost. Once a man comes close to a woman however, he gets frightened of losing his freedom, so he may pull back and run away. Every time the man runs away he goes further, but springs back with more power and come even closer in intimacy with the woman. These men act like a rubber band, which is being stretched out and let go to spring back. So it seems the actual emotional space which was created by pulling away was needed to strengthen the man’s love and his feelings of intimacy towards his lover.

The “space” phenomenon makes sense, as a “crowded” mind can’t think. And we should make it mandatory and have the ability to spend quality healthy time enjoying our own company with activities we love to do and never feel lonely. “Space” is actually healthy when all relationships remain loving and supportive. However, let us continue to find out more about “space” in the context of “male intimacy cycle”.

## What does the “space” really mean and what happens there?

“Space” is when we remove ourselves from the mind crowding, overwhelming problems in hope of resolution. Experts say that by giving “space” we give the psychological air to man, so they can breathe freely and realize what they have. Just imagine how you feel underwater grasping for air. So space is like oxygen to a drowning person who fights for life.

From here the other question arises: ***How big does the “space” need to be?*** The answer came from the book *“How to get to I do”* by Patrica Allen. Patricia says that it’s totally normal for guy to run away or pull back, as the male ego is fighting for freedom and independence, which is the way to show he can live without woman. And it may take up 4-8 weeks for a man to keep busy with other things to mask the pain of missing

women. Only when time passed and the pain grew intolerable do men realize that the pain is actually caused by missing love of the woman.

Looking for further answers, more questions arise: ***How come some guys need "space" and some don't? Where does the "space" develop from?*** I found some encouraging answers in Eckhard Tolle's life changing book *"A new earth"*. It all begins in early childhood – says Eckhard Tolle, if a boy experienced abandonment and was deprived of mother's love, he most likely will grow into a man, who is a so called *"charmer"*, or a *"ladies man"*. The constant longing for his mother's love drives him to do anything to get women in his "net". Here comes the surprise, once the "fish is caught" and they have the female, the emotional memory of the abandoning mother returns. This wakes up his pain and triggers revenge for his mother. As he associate his mother with the female close to him in the net, so he begins the revenge by pulling back; driving the woman away, eventually destroying the relationship. And that is going on in cycles, where the result is constant duplication of past stories of broken relationships, hence the eternal yearning to be loved by a woman. I was totally amazed and my mind cleared out and peace returned. I bet you join me in saying: "Aha....finally I understand". And stop blaming ourselves and wondering: "What on earth did we do to drive him away?"

Let's just continue on this revelation. The mother-son relationship is really so important how man will relate to his lover woman as an adult, says Brain Tracy. If the man received sufficient love early in childhood and was also given responsibility as early as from 5 years of age he develops his healthy self-value of being able to do things to solve problems. Hence learn to give hand to women. However the other side of the coin comes from the father. Boys learn to treat women by the example of their dad. If the father treats his wife with respect and kind loving way, then the son will grow into a balanced individual who will respect woman the same way as his dad did. Both parents have their important roles: living in a quality loving partnership and giving responsibility early to their son will be life-long shaping for a boy to grow into a caring man.

So, what if a father was beating and abusing his wife and that is what the child was watching? Well, you know the answer and realized that it's really not in the "genes" but in the example, "as father as son". Knowing how a man treats his mother, will give you good insight how he will treat his woman.

I thought my answers were complete, when some other the explanations came across. In his presentation on the "Men's Conference" in February 2009, Dr Daniel K. C. Ho in Kuala Lumpur talked about the two brothers. The two brothers, where one has the "heart of duty" and the other is "wild at heart" are representing the two types of men. Dr Ho said that 20% of man has the "heart of duty" who is the home guy, who is the care taker of the family and standing pillar of the community. This man finds satisfaction in being at the same place, he is happy to be home and don't need challenges outside of the home. Then the second brother is the "Wild at heart", who represents 80% of man. They must have change; they can't deal well with sameness. These men also have to experience to be "broken" before change can take place. They are the adventure and experience seekers, who need to get away and constantly experience freedom of getting to the unknown, and feel the adrenalin rush before returning to home.

Well, after hearing all these, what do you think?

Learning all these put the pieces together for me and the answer began to shine in my mind to reveal the reason behind the enormous amount of break-ups. This is it: just imagine, if you are attracted to a "wild at heart" man and you may be a freedom are also freedom and control driven woman, and keep acting out of ego on your ego. What happens when difficulty comes? If there is not enough true love and understanding deep within the core of the relationship underneath and the time comes for his "space", or you may want will want to have your own "space" (and) consequently each of your space may move in different directions. A sort of retreating to a personal corner. Both of you pull back to "space" of the opposite direction.

### What is the take home message?

#### For girls:

So, what to do? First is to look into your heart, step back from your ego, take responsibility and ask yourself; *“What do I want?”* and if its the *“wild at heart”* man you want then ask: *“What can I do to make the relationship?”*

If you are attracted to *“wild at heart”* man then the only one way is to be with him if you change first and learn to stand still while he is at *“space”*.

Learning about the male intimacy cycle lets you understand the underlying factors. We all should look into ourselves if we are strong enough in our own emotional maturity, and have enough self love. Being addicted to a man for making you happy is not love. The secret is to value yourself enough to love yourself first so you can have enough love to give to others. You can only give what you have. Self love allows for self control to state calmly and lovingly that the way your man behaved was hurtful to you. Then encourage him for taking his space, let him be alone and bless him with your love.

Keep yourself busy do other things while your men is in *“space”*. This is why its so important to have a hobby and have activities which bring you pleasure, without spending money, eating or drinking or using outside substance to aid you while your man is in *“space”*.

One more important thing, once your man is back form *“space”* keep loving him like nothing happened – advises John Gray

So, if your man needs regular *“space”*, then discuss this with each other openly and have mutual understanding of your love and support for each other. So girls, be patient, have faith and leave the door open all the time and let him walk freely. Hatred and ego driven behaviour of retaliation only brings more pain. And reflecting the pain back to man what they already feel will make him run away forever. Break the cycle and give love back when he is in pain. As you know, they say: *“people cry for two reasons: either from happiness, or from pain to get love and attention. Love is the only thing which can heal, so stand by your man and love him no matter what. Understand the value of staying in silence, being present while the heat cools down without taking it personal.*

However ladies, this does not mean you should be standing there and allowed to being beaten up and physically or psychologically or verbally abused. Once it gets to this point you need decide if you can handle alone or your partner need professional help as counselling and life coaching. Remember if you did everything you could you need to let go, as some people will never want to get out of pain. You have one life to live, and sometimes what you learned from one relationship is what you exactly need for the real big one to come around.

#### For guys:

Learn about the *“male intimacy cycle”*; be aware of it in your life. Be aware of your emotional states and realize when your tolerance runs low and need space. When that time comes John Gray advises for guys to handle with intelligence and just say: *“Honey, I need some space, I love you and I will be back soon”* – just by saying that you put her into ease, so she is not blaming herself that she did something to drive you away for now or forever. So the secret is in the intelligent handling on both side and having the so called sensory acuity: catching the signs in each other and allow the partner to have the *“space”* when it’s needed.

Regular *“space”* activities built-in the daily or weekly schedule is actually a more organized solution for most couples, and helps to avoid the emotional outburst and keeping balanced loving relationship.

Yes, relationships are hard, because it's all worth it –and it's never late make your next one the ONE, as its better to have loved and lost then never to love at all.

It is very hard and only emotionally strong people with high self-value and solid self concept can have life-lasting loving relationships. So, work on yourself first. Giving space, and let the person figure it out on his or her own, by doing nothing, staying back and refraining from fixing and interfering is the highest form of giving. Putting the other person's needs ahead of your own when ever needed, while still having your own life and maintaining a valuable sense of self-worth and happiness, is the art of true love, unconditionally.