

# Arise In Your Queen

## ATTRACT YOUR KING

### Communicating With Men

I want to welcome you back Sister Queen to **Module 2 – Understanding Men**

And today's lesson is called **"Communicating With Men"**

Let's start today with a quote:

---

*Providing quality information to the men in your life with help your man succeed by making you happy...and this is exactly the outcome he's hoping for. ~ Alison Armstrong*

---

#### **Today you will learn:**

1. How To Listen To Men And STFU
2. The Language Of Heroes
3. How To Ask For Your Needs

I'm going to highlight key things from the Queens Code and what I call **"key phrases" to use when communicating with men** to get your needs met, his needs met....the delightful win-win that I know that you really, deeply want inside you.

So, as women we perceive the concept of "communication" as being primarily about what we're going to say. The reason for this is that women speak things out with each other to work out what's going on...to connect and to communicate.

What you are going to learn today is that communication with men needs to be different. You'll learn that "communicate" has more to do with being clear, short and precise when asking for your needs....and the "communicate" has as much to do with "listening to learn" as it is about what you say.

Now before we dive in today, I want to introduce a technical term that's going to become powerful for you moving forward into your research about men and relationships...and that is...

## STFU

Shut The F%#@# Up!

With men...we over talk...and don't listen....really listen to them enough.

So, there are times you are going to say to yourself STFU!

Create space....listen, feel into him...feel where he's coming from.

You'll soon learn that the true masculine in men is soooooo beautiful, so caring, so deeply wanting to serve your feminine. But first....we need to STFU!

### What does this mean practically?

*FIRSTLY: Men are single focused...one thing at a time...give him time and space to respond to you or work out a solution to your needs.*

- Allow men to finish their sentences.
- Allow them space to meet your needs...even if it takes days or weeks.
- Allow them to be your hero.

A man vigorously defends his opinions because they are always an expression of himself.

He is not merely defending a thought. He is defending himself.

Understanding what an opinion is made of is the key to understanding how to listen to men.

- **'Listen to Learn,'** as opposed to the way people normally listen to another's opinions, which is to agree or disagree.

**If you agree:-** you will feel more connected and safe. You will be compelled to tell them you agree in order that they feel the connection too.

**If you disagree with a man:-** present it respectfully and do not interrupt them. When someone is stating an opinion, catch yourself in the mode of agreeing and disagreeing.

- Switch to thinking a question in your mind: ***'What matters to this person?'*** or ***'What are they showing me that is important to them?'***

Listen for their values, that expression of who they are.

---

***Listening to Learn creates understanding and intimacy***

---

## ***The Language of Heroes:***

---

*PROVIDE, NEED, HELP, HERO, SAVE*

---

**Today I want to focus on Provide, Need and Hero.**

The rest you find out about in the Queens Code book.

### **HERO'S WORDS TO USE: PROVIDE**

Men are ALL about the results...the goal...the finish line.

This beautiful single focus that they do...allows them to do this and achieve great things in the world.

With all of that testosterone coursing through them they LOVE competition, focus, working hard, pushing, striving, making big goals and achieving big results.

So....you have to recognize the **role that you play in these RESULTS** that he's focused on.

You have to start to realize that ***you are the person for whom he wants to be a HERO.***

---

*This means that YOU are at the very center of his results.*

---

Men play for points, and it is YOUR points that he wants most, and not allowing him to earn points with you is another form of emasculating him.

SO, if men are at their core providers then you need to **let him provide results for you**...not DO MORE THINGS...that's totally uninspiring for him...but PROVIDING...now that engages his HERO!

Providing is at his core...let him provide for you...and let him know how things will provide for you.

---

*Key phrase: "What that would provide for me is....."*

---

## HERO'S WORDS TO USE: NEED – Speaking Requests Vs Demands

*Women ask for too little. And demand too much.*

The two possible responses to a demand....from anybody.... are resisting or submitting.

That's a win-lose scenario and only leads to frustration and resentment

Because most women today have become self-sufficient in regards to their needs, when they discover a need, they provide it for themselves.

However, we need to discover **needs that MUST COME from another**. Eg.

----- love, affection, intimacy, touch, help, sex-----

all of the really good things of life we need to get from another!

**Ahhhhh....now what?**

.....then we need to receive and open and trust again.

.....feel vulnerable and learn to ask for these things....rather than demand them.

Words like "I deserve this"....or demanding something that you're desperate for doesn't work.

**HOW TO TELL A MAN WHAT YOU NEED:** Ask for a time to talk “about something I need today/tomorrow/next week.” Keep your voice warm (but not falsely light) so he doesn't think he's in trouble.

If his body tenses up, come right out and say, “Don't worry, you're not in trouble.”

Tell him how many minutes you think it will take and don't underestimate to make it seem easier. Make an appointment. (This is because he's Single Focused and you want him focused on what you tell him. Don't attempt a 'Needs Conversation' while he's focused on anything else, like driving, dressing, eating, reading, etc.!

When it's time to talk, thank him for what a great Provider he is. (Men play for points — this lets him know he's in a game he can win.)

Tell him what you NEED. Use that word and be specific: When you need it, exactly, including how often if it's an ongoing need. What it would look like. Don't assume he'll interpret words the same as you.

Tell him what receiving this would Provide for you. Be specific: What you'll be able to be/do/accomplish/handle. How it will make you feel and why that matters.

**Key phrase:**

---

*"What I NEED is....." OR "What that would provide for me is....."*

---

**You Now Ask "The Partner Question":** *"Is there anything you need to give me what I need"* (And open your mind; it probably isn't what you'd require.)

**Next You Can Ask:** *"Is there a particular way I can show my appreciation for you giving me this?"* (And open your mind ...)

Nothing works like sex to fuel a man to provide, and take care of a woman. However, other forms of appreciation work well too...like cooking for them, thanking them, supporting them, telling them exactly the difference they make in your life.

---

*Remember a man relates to HIS needs as critical and urgent.*

---

So, when you ask for need he'll perceive it like this....he'll assume that you're at a breaking point.

**Words NOT to use are:**

**PROBLEM**.....this is a negative desire....speaking to men in positive desires, needs and wants works really well though.

**HERO'S WORDS TO USE: HERO**

"Hero" is the final word of the "Hero's Language". To acknowledge a man as our hero requires recognition of his truly noble intentions. See the hero in every man.

Ask yourself, "How is this man a hero?"

...and then freely let him in on the gig! Tell him. It will light him up and make his day.

**As part of this topic I want you to also freely use these words with men:**

---

*ADMIRE, APPRECIATE and ADORE*

---

Again, use these freely and say them out loud when you think them to a man.

## Homework:

- Notice and journal about what men around you provide for you already, how it makes you feel and what it allows you to do.
- Before asking for anything from a man - think about what it would provide for you and then tell him as part of your request.
- When they do provide for you, let them know what it provided for you!
- Ask yourself, “How is this man a hero?”

Lastly, **the thing that a man wants most of all is the make you happy.**

He does this by meeting your needs, being your hero and providing for you.

Let him!

Allow him to fulfill his purpose.

## In Review, what you've learned today is:

1. How To Listen To Men And STFU
2. The Language Of Heroes
3. How To Ask For Your Needs

Now, head on over to the **“*Arise In Your Queen Facebook Page*”** and share **one key reflection** that you gained from the lesson today.

Great job and I'll see you in the next lesson **“Radiate Feminine Energy”**