

# **Decode A Man**

**A Digital Romance Special Report with**

**Michael Fiore and Claire Casey**



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# Decode A Man

MICHAEL FIORE: Hey folks, how's it going? It's Michael Fiore, and welcome to our special bonus call exclusively for customers who grabbed Claire Casey's wonderful program called *Capture His Heart and Make Him Love you Forever* in the last week or so. We only launched this program over the last... about a week ago, I think. It's been amazing. We had around 5,000 women who actually enrolled in the program. We've been getting fantastic comments, fantastic results, fantastic feedback on the program ever since, and we figured it would just be kind of fun and nice to give you guys a little bit extra 'cause we like to do that kind of thing: give a little extra. So this call is more the brainchild of Claire than anything else. I'm just kind of here to kind of give the guy perspective on things, and it's going to be called *Decode a Man with Mike Fiore and Claire Casey*. I think it's with Claire Casey and Mike Fiore, but hey, whatever. And we're going to answer a bunch of questions that were brought up by you guys about—you know—what does it mean when a guy does this. Whatever this might be. These are the kind of questions we get all the time. Sometimes, they're questions that mean that a woman is reading too deeply into something and sometimes they're questions that means a woman is not reading deeply enough into something. So over the next hourish, we're going to go through a bunch of these questions. If we have time at the end, we may take a few live questions. You know you can type them into the question box, things like that, and we'll just see how the hour goes. So before we go any further, Claire, why don't you say hi, introduce yourself. This is your first chance to kind of interact with your customers live, so here you go.

CLAIRE CASEY: Yeah, well, you guys have been fantastic. It's been an incredible week with everybody coming on board with *Capture His Heart* and I've enjoyed getting to meet you over on my Facebook page for Claire Casey and in the...

MICHAEL FIORE: Claire, what is that Facebook URL, just so we can make sure folks know where it is if they haven't already liked you over there?

CLAIRE CASEY: You know that's, I think it still has one of those long ugly numbers.

MICHAEL FIORE: Oh, okay. Well, we'll make a shorter one for you so it's easier.

CLAIRE CASEY: Yeah, yeah yeah. But if you search on Facebook for Claire Casey and you find the one that says something about Dating Advice Right from the Hip or something like that. . .

MICHAEL FIORE: Dating Advice Straight from the Hip, that's what it is. That's your tag line. Like it a lot.

CLAIRE CASEY: And it's. . .

MICHAEL FIORE: Oh, look at this, Elizabeth Bell says, "Claire, you are fantastic. Thank you for sharing your knowledge with us." I think Claire's fantastic, too, by the way. You know, folks always ask me, "Mike why did you have somebody else come in and why did you do a video where you are saying. . . are basically saying to people go buy this other person's program?" And it's because when I first discovered Claire—and you already saw the story of how that happened if you watched the video—I was just really freaking impressed by what she had to offer and how she could offer an angle on things that I as a 35-year-old person with a penis just can't, basically. Not that I'm not pretty empathetic. I do good work, but I think it's valuable to have another perspective on things, and I really love Claire's angle on it. You know, one of the things about when I first got into this business, I was really pissed off. One of the reasons I even do this work, actually, is because I was so pissed off at some of the advice women were being given. I was really pissed off by people that called themselves dating coaches and people that called themselves relationship experts. I got in a fight with one guy who is a dating coach about two days ago on Facebook, where we had a big argument. Who I thought was giving really patronizing, unrealistic, awful advice; sometimes misogynistic advice, too, which I'm just not a fan of. And when I find somebody like Claire, who I think is just. . . you know, shoots straight from the hip, has a great idea on how men actually work and how women can be the kind of women. . . I always say what Claire's program teaches you, more than anything else, is how to be the woman a man chooses not to resist, right? And to me, that's actually way more powerful than. . . You know, you see things like in, you know, advertisements that are like, "He won't be able to resist!" I'm like, "I don't want to be tricked into liking a girl, personally." What I like about Claire's material. . . what happened with my girlfriend when we first got together was I could have resisted if I wanted to, but dear god I didn't want to, right? Why would I do that, right? And to me, that's way more powerful, so that's kind of why I'm such a fan of Claire and I want to thank her for being here. It's why we did a deal

with her. We actually published her program and brought her out to the world, and ladies who are listening and going through Claire's material, you ain't seen nothing yet. We're just getting started, both with her stuff and how she's going to work with us in the future. So beyond all that preamble, Claire, my dear, why don't we kind of dive into these questions that we got here. So it looks like we've got them broken down into a variety of categories and some of these I'll answer, some of these you'll answer. We're not going to keep it super super formal. Ladies who are listening: if you have a question or a comment, go ahead and put it in the question box. We may not get to it, but believe me, I am paying attention to them as they come in. I will also say that the shorter your question, the more likely it is that we'll actually say something about it. If you write something that's five paragraphs long... yeah, not gonna happen. This goes also when you're sending things in to customer service or putting it on Facebook or putting it on... You know, Maggie, our lovely customer service girl who works very, very hard... the shorter something is, the better it's going to be, right? Terri Smith says, "Mike, glad to see a smart man getting it right by choosing Claire." Well thank you Terri, I think I'm reasonably smart on occasion. So here we go, Claire Casey question number one, the category is... I feel like we're on Jeopardy... The Not So Amazing Disappearing Man

CLAIRE CASEY: That's right and we had to...

MICHAEL FIORE: What do you got?

CLAIRE CASEY: So many of you guys who... women who wrote in about this. That... That's why I wanted to put it first and really get Mike to help us dive in, because over and over again, your questions were essentially, "What does it mean when our dates are going so well, even for several months or sometimes years, then suddenly he disappears, avoids me, or no longer wants to go out together?"

MICHAEL FIORE: And I will say there were a bunch of questions of that type, you know. Let me see, here. The other ones were like, "Why does it take a man to really see what he wants? In the meantime they leave us on pause? Why do men play the hot and cold game, disappearing only to reappear again? I am curious on how to tell whether a man is telling you the truth or if he's lying," well, we can talk about that one later. And things along those lines. The unfortunate answer to this question, by the way, is it really depends on the guy. Which

sucks, right? 'Cause it would be awesome if I could just say, "All men are programmed in a particular way and this is the one reason they actually disappear." Now, it could be a number of things. It could be if things are going really well, in some cases I've seen. . . I've had this happen myself, where things are going really well, but possibly the woman feels like they're going better than you think they're going. In could be going really well like, "Hey I really like this girl, I enjoy this girl, I find her sexually attractive, I love having sex with her, I like going to movies with her, but I'm not really interested in a relationship with her," right? And that can be a really. . . I've been in that situation myself in the past, where when I was dating around and doing whatever, I would meet a girl and I would like her, but I just was like, "This is not the girl that I see myself getting into a real thing with." And it's not that there aren't emotions involved, because there often are, but they're not that intense, they're not really that deep at that point, where it's like this is the person that I want to be with more than anything else, right? And sometimes, when that happens, what you do is you end up pulling back because you feel like, hey, I was just looking for somebody to hang out with and have a good time with and she's giving me. . . what's the word I'm looking for. . . ? Husband eyes more than anything else, I would guess. She's giving me those hints and those ideas that you know, "Hey, my biological clock is ticking like this and I would really like to have some more time with you, blah, blah, blah." And of course the right way to handle that, as a guy or as a woman, is to simply say to the person involved, "Hey, I really like you, but I'm not ready for anything more right now," right? Or, "Hey, I really like you, but. . ." or "I enjoy our time together, but to me it's just something relatively casual and blah, blah, blah." But here's the deal: people are cowards. And I'm not saying men are cowards, I'm saying people are cowards, because so many women who you know, we talk to or who. . . so many guys who write in who say, "Mike, I was seeing this girl. I thought it was going well, and all of a sudden she gave me the silent treatment. I haven't heard from her in three months! What happened," right? And I will always say that, you know, a lot of people, both men and women, think that doing the freeze out, doing the silent treatment, suddenly not talking, is the nice thing to do. Which I think is absolute fucking bullshit. It's not the nice thing to do at all. And I've said this before in a bunch of our material, but oftentimes when you're trying to be nice, when you're dating or in a relationship is when you are the meanest, when you are the most cruel, when you're trying to

be nice. 'Cause you're trying to be nice, so you don't want to say, "Hey, I don't like you. I don't want to date you." So instead, you just don't answer the phone. Or you're trying to be nice, so when you break up with somebody, you say "It's not me it's you, blah, blah, blah," which leaves in that person's mind the possibility that something else may kind of go from there. You're actually not being nice at all. You're being incredibly cruel by not being clear in that case. Now, other reasons a man might disappear. You don't always get to know why they might disappear. It could be he's got another girlfriend. It could be that he's in trouble with the law. It could be that he's secretly married. It could be any number of things, and the real downside about dating... and it's one of the reasons I'm really glad I don't have to date anymore, that I've got a girlfriend that, you know, we're in a committed relationship, which is really quite lovely, and someday Claire will get to meet my girlfriend and you'll get along great... you don't get to know. You don't really know who this person is until you've kind of had a real relationship with them. And I will say, until the words have passed both of your lips saying that you are dating, saying that you are a couple, saying that you are whatever you are, you can't assume that you're on the same page as the person that you're with. And one of the biggest things... you know, we talk about this in *Never Fight Again*, we talk about this in the *Second Date Guarantee*, we talk about this in a lot of different material we have, is helping people learning to be more direct in their communication around dating and really just having the conversation where you say, "Where are we? What are we?" you know? Like, "Are we actually a thing? Are we just having sex? Are we friends with benefits? Are we friends without benefits? Are we enemies with benefits? I can't quite figure it out," right? I know that's not the most direct, like here's exactly the reason that guys disappear. It's going to vary from guy to guy, but here's the main thing. If a guy does disappear, what you have to understand is it's probably not really about you, right? It doesn't mean you're a bad person, it doesn't mean you're a crazy bitch. It doesn't mean that you're not sexually attractive. It doesn't mean that you're not the kind of woman who could have men tripping over themselves to be with you. It means that he's got something else going on. And that something else that's going on: in many ways you are tangential to that. It could be that he's afraid, it could be that he has other, you know, seeing somebody else, it could be any number of things. But it's not about who you are as a person, right?

CLAIRE CASEY: I think that's really important.

MICHAEL FIORE: And unfortunately when you're dating...yeah, go ahead.

CLAIRE CASEY: Yeah, I was going to say you've made that point before, but it can't be made quite enough. It's not your stuff that causes him to behave this way, that it's his stuff.

MICHAEL FIORE: Yeah it's always his stuff. And looking at one of these other questions, it says, "Why are men really into you one minute and really distant the next?" Men do, and I talk about this in the *Secret Survey* program that I'm sure some of you guys have: men are not multi-taskers, right? Men, you know, women aren't really good multi-taskers, either. Humans in general suck at multi-tasking, but women are like 8% better at it than men are or something like that, right? So women are reasonably good at being like, "Hey, I'm having a conversation and I'm thinking about something else." Men tend to be mono-taskers, and we tend...and really I hate to say it, we don't really think about you that much when you're not around. Now that doesn't mean that we don't think about you. I think about my girlfriend and I think, "Hey, yeah, I love my girlfriend. I'll see her later, but right now I'm focused on this." In my experience in talking to women, there has been a lot of times when they're in love, they think about the guy and what's going on with the guy all the time. And really, even guys who are in love and really love the woman they are with don't really do that. So you might be mistaking his distance for just "I'm at work" or "I'm doing this" or "I'm playing Halo." right? Whatever it's going to be. Really, most of the time, a guy has the one thing that is really taking the majority of his consciousness, and he's focused on that and then he may come back to you later when he's done, he may do whatever else. Again though, not really about you, and the best thing you can do, by the way, until the two of you have had the conversation where one says, you know, he says, "We are a couple," and you say, "We are a couple." "I am your boyfriend. You are my girlfriend," you are single, right? So act like you're single. Don't buy drapes, don't plan on moving in until you actually get the commitment verbally, you know? And hopefully of his own will. You can't force a guy to commit to you. It never works. Okay, Claire anything to add to that?

CLAIRE CASEY: We're going to be talking about...and I was going to say we're going to be talking about commitment later.

MICHAEL FIORE: Oh, of course we are!

CLAIRE CASEY: Because that is so big.

MICHAEL FIORE: Really? We're going to talk about commitment? How weird. I can't believe that's going to come up. Again, sorry guys for my voice being a little off today, but yeah.

CLAIRE CASEY: There are... Probably the four biggest categories that our questions fell into were the one you just answered, which is Guys Who Disappear/On Again, Off Again, and the next biggest one was about exclusivity and commitment.

MICHAEL FIORE: Oh yeah, yeah.

CLAIRE CASEY: Yeah, so...

MICHAEL FIORE: Well, we'll get into that in a minute. Let's go into category two here, which I like the way you called it, "Dating Captain America," as it says on the screen here. So it looks like a lot of the questions we got... and Claire, I want you to kind of head up this particular question field here... and actually Claire, if you can speak a little louder when you get the chance.

CLAIRE CASEY: Okay.

MICHAEL FIORE: It sounds like people are having a little bit of trouble hearing you. So some of the questions we got here, "What does it mean when he answers texts and calls from another woman during our dates and even cancels on our plans to help her?" Oh my. So here's a few other... so that's kind of the general question, but you know readers write things like...

CLAIRE CASEY: Yeah, and that's one big question.

MICHAEL FIORE: One big question. Yeah. But the kind of things women are asking here are, "I am dating a good man, he reminds me of Captain America," which means he has Chris Evans amazing abs I guess, not hair. I really wish I had that hair, personally. Abs I can take or leave, but that hair would be awesome. Anyway, "He reminds me of Captian America. Simple, good, does the right thing for the right reasons. Gentlemanly and knows how to treat a woman. Loves his mama. Can fix anything. The challenge is he has a bit of a rescuer to him and it gets to where he sees rescue where there is none." Uhhh trying to fix things. "One of this female friends puts on a poorly played damsel in distress act to get his attention and he falls for it every time. She texts, he answers no matter how inane, and he does it during our dates. We had plans with my friends and he canceled so he could help this person move. There's nothing sexual or romantic there. It would be

much more simple if that were the case. He was married to an addict for 20 years, so the victim/rescuer dynamic is deeply ingrained, and I think he is trying to fill that void because he is wonderful in every other way.” And he has those abs. “I’m will to work through this until it’s clear it won’t change. I am hopeful. We have discussed it and he is open and willing to make adjustments, so I would like suggestions on how to navigate this. When she belittles me in front of him should I stand up kindly for myself because he lets it go by perhaps out of male obviousness. When she encroaches on our dates, how do I handle it with him?” Claire take it away, I want to know! Geez.

CLAIRE CASEY: Well this one... I like this one for a lot of reasons, because this woman is clearly savvy. She’s got some... she knows a lot of what’s going on here.

MICHAEL FIORE: Yeah, yeah. She kind of knows the deal.

CLAIRE CASEY: Yeah, yeah. She has a lot of the answers already in her. And if she were dating a string of rescuers or knights in shining armor, I would ask what part of her, what part of you is seeking to be rescued, but it doesn’t look like that’s what we have. It looks like what we have is a man with a long history of codependence. Yeah, he was married to an addict for 20 years, and I got to tell you that partners of addicts, and I mean addicts of every kind, smoking, gambling, sex, drinking, food, whatever

MICHAEL FIORE: Internet you know, dating, whatever it’s going to be.

CLAIRE CASEY: Partners of addicts become so over-involved in the addict’s life, and they feel extremely responsible for that person. And they often feel like it’s their job to get their partner over the addiction, but you are already know an addict has to want that themselves. And nobody can do it for them or even be the motivation for them. So I think that this woman can do two things, and you can if you’re in a situation with a codependent man. First of all, you need to be really aware of what you’re getting into, because he’s got an ingrained... and everybody’s got stuff... but he’s got an ingrained pattern, and she hasn’t said whether he’s really aware of it or not, but it will be difficult to change it. So...

MICHAEL FIORE: Well, it also seems to me he's getting something out of the relationship, right? So he's getting something out, he's being allowed to be a hero, right? So you're saying he's like Captain America, he does things for the right way. This is part of his identity, is to think of himself as someone who, like for me for instance... one of the things... We all tell ourselves stories about who we are and what we do, right? And one of the stories I tell myself is that I'm an extremely loyal person. Now I actually am an extremely loyal person, but it's also part of who I see Michael Fiore as. And so when I come up in situations where a friend of mine is in trouble, in order to be congruent with that idea of who I am, I have to drop everything for them, right? And so if he's seeing himself as a hero to a certain degree, and if he's also seeing this person as somebody who, you know, can't survive without him, right, it's going to be extremely difficult for him to stand up and say, "Listen, it's not my job to rescue you." And honestly again, he's kind of... by always being there for her, he's not being her hero, he's enabling her.

CLAIRE CASEY: Right. And that's what codependency is about. So you've got to... If this is your situation, you've got to educate yourself about codependency and addictions and get yourself some support and number two, draw some clear boundaries in at least two areas. The first one: she said he was open to it, so let him know, very clearly and directly, that for example... that you would like for him not to answer calls or texts when the two of you are on a date.

MICHAEL FIORE: Definitely.

CLAIRE CASEY: And you can spin...

MICHAEL FIORE: My girlfriend would kill me, by the way, if it was like a romantic night... I mean, I have a lot of female friends, I even have employees, but if I like made it clear this was a romantic night we're doing and then I was on my phone the whole time, oh my god, I'd be in trouble. And I would deserve to be in trouble, like, c'mon.

CLAIRE CASEY: Yeah, so leave the cell phones in the car. I mean, it's not hard to turn that off, and it sounds like he's the kind of guy you could ask. The other area that you need to draw some really clear boundaries for yourself and for him is when other women belittle you, and I don't mean just in front of your man, but any time, stand up for yourself. This is...

MICHAEL FIORE: Claire, how do you stand up for yourself in that case without coming across as a bitch is what I want to know.

CLAIRE CASEY: I think you behave like a gracious woman, and if it's inappropriate or ugly, bitchy, unfair accusations from this other woman you can be. . . I think you can be polite and respectful and respectfully disagree with her. I don't know exactly what she said, but the fact is that Captain America guy is going to probably overlook or excuse damn near any inappropriate behavior on the part of this other woman because he's being doing it for 20 years, right?

MICHAEL FIORE: And he's also not. . . and again he's not being Captain America in that case. He's not being a hero.

CLAIRE CASEY: Exactly.

MICHAEL FIORE: Because he's not giving you what you need. And I'm not saying he needs to take your side on every single little thing. I'm not saying. . .

CLAIRE CASEY: But he's out of practice.

MICHAEL FIORE: . . . he has to dump his female friends. He's out of practice and he's also afraid of conflict to a large degree, right? It seems to me like he's doing that thing where he won't even notice what's going on because he doesn't want there to be conflict. You know, she's saying he's Captain America. I think he's more just damaged more than anything else. And he's attached to this idea of doing the right thing, but again, I find a lot of people that think of themselves as heroes aren't at all, right? Because they're not. You know, again, he's not helping this woman by being there for her, he's just simply not doing it, you know? And again, like in a relationship. . . I remember one time early on in my relationship with my girlfriend we were at a party, a really fun party. We were drunk, and a friend of hers was there. A gay guy and he was drunkly hitting on me. And I've been hit on by gay guys in the past, it doesn't bother me. I usually just choose to take it as a compliment, but he was being very aggressive, aggressively hitting on me. And I told him a few times to stop. And then he wouldn't, and then eventually I actually talked to my girlfriend and I said, "Could you please talk to him and make him stop doing this? Because it's making me uncomfortable and I've asked him to," and she was like, "Well, what's the big deal?" and I'm like, "No you don't understand, I need you. . . like, if our situation were reversed and I had a male friend who was hitting on you, of course I would step in and stop it." Like it's his job, if this woman is insulting his girlfriend in front of her that shows me that he lacks balls, he's not being a hero at all. It should be his job to stop that and

to stand up for you and say, "Listen," to this woman, "What you think of her, I don't really care, but she's my girlfriend and you will not talk about her that way in front of me." Plain and simple.

CLAIRE CASEY: And I think she can tell him that. I mean, it sounds like they talk, so if she has an example to refer to from their past, and it sounds like she does, then she can say to him, "Hey, you know when that happened? Here's what you could have done for me. And if you value me, if you treasure me, then you'll stand up for me." And I think he will hear it. It sounds like he will hear it. In the end, you have to decide what you need in the relationship and make a plan for getting it. But it sounds to me like there's some potential and one huge obstacle, but I'm totally... I'm cheering for this woman.

MICHAEL FIORE: And he sounds like a nice guy, right? He sounds like a nice guy, and it sounds like there's potential there. You just have to help him kind of get over his PTSD from 20 years with an addict to a certain degree and get over that really negative behavior pattern that he's kind of gotten stuck in for so long. Okay, moving on. What else we got?

CLAIRE CASEY: Yeah, next question is...

MICHAEL FIORE: Marge Richards says that we spent too much time on a tangential question. I don't think it was tangential, Marge, so there you go. I disagree with you and I enjoyed talking about it. So let's move on to our next one, what do we got here? Men and Sex... Oh, my!

CLAIRE CASEY: Men and sex. This is going to be really, really easy for you Mike, I already know what you're going to say.

MICHAEL FIORE: I hope so.

CLAIRE CASEY: But I'm going to ask you the question and let you say it. How can a woman know if a man really likes her or just wants to sleep with her?

MICHAEL FIORE: So he can both really like her AND want to sleep with her. I've certainly had times in the past where I both liked a woman and really wanted to sleep with her, and these are not mutually exclusive or mutually inclusive. Here's the deal: if he really likes her, he will make sacrifices to be with her, he will not pressure her into having sex, he will make her one of his top three priorities, beyond just going to bed with her. He will want to go on a date with her, he will want to, you know, have a conversation with her about something

besides her vagina, basically. That's kind of the long and the short of it. And again it's like, you know, sometimes folks ask, like, "How do I find guys that are looking for a relationship as opposed to just looking for sex?" And I say, "Guys aren't generally sitting around looking for a relationship." We just aren't, right? Generally speaking, men are looking for sex and are open to a relationship, but sex is what kind of gets us out there in the world. That's the primal drive that is getting us to go up and talk to girls. We're not like, you know, sitting there in the bar and saying, "I bet she'd make a great girlfriend," you know? It'd be kind of weird if we were at that point. But yeah, the only way to really tell is to... I mean, I hesitate to say, "Trust your intuition" but pay attention to like what's actually going on. You know, has he introduced you to his friends? Does he talk about you on Facebook after you go on a date together? Does he, when you go out together and don't have sex, does he seem interested in going out again? You know, this is also one of the reasons you should never have sex with a guy too quickly. Unless you just want to have sex. Like, you just want to have sex? Listen, I am all about that. You just want to have sex, go ahead and have sex. Use a condom. Sometimes you just need to get laid, no big deal, right? But if you're looking for something more than that, if you have sex with a guy on the first date or even the second date, it sets a context in his mind that you are not necessarily someone he dates or has to pursue, but just somebody that he has sex with, okay? Okay. Let's move on to the next one, what else you got?

CLAIRE CASEY: Good stuff. Yeah, Decoding the Quiet Type. Yeah, and this is a good one because I married one of these guys, and he actually comes from a very low-key family too, which is the opposite of my high drama family, so I have my own thoughts on this but I want you to take the first stab. "My husband is a quiet type," one of our women wrote, "He hardly talks." And this is interesting, she wrote, "Could it be he is cheating on me? And how can I know what he thinks of me?" Those are two really interesting thoughts that came up in your head.

MICHAEL FIORE: Well, I can't figure out why you would connect the two, right?

CLAIRE CASEY: Right.

MICHAEL FIORE: Like he's the quiet type and he hardly talks, so I would expect the question to go from there, "How can I know

what he thinks of me,” but instead it goes, “He hardly talks, could it be he’s cheating on me?” Those aren’t really... to me they’re not connected, right? At all. Like they’re... a lot of men are just quiet, basically. We’re not... I’m a very verbal guy. I talk a lot. I talk at a thousand miles an hour. That makes me kind of weird as a guy. Most guys are not as verbose. Most guys are not as into sharing their feelings. You know, we have a book on Amazon called *6 Simple Tricks to Crack the Man Code*, and in that book I talk about how, you know, when you ask a guy, “What are you feeling right now?” you might as well be asking him what it’s like to have wings. He just doesn’t understand the question. It doesn’t make any sense. To a lot of guys, when you ask, “How are you feeling right now?” he’s like, “Well I’m cold. I’m warm. I’m hungry. I’m horny. I kind want to watch football. A little annoyed. Like, what do you want?” A lot of guys just want to be left alone and have things calm. Which sucks because women want more engagement and emotional kind of stuff. But Claire, you’ve been with a guy who’s like this for a long time. What’s your answer to it?

CLAIRE CASEY: I have actually several things. One is I had to learn to ask really good questions in order to get him to talk, for one thing, if I wanted that. So that was how I learned that. And number two: I had to stop filling every single silence with my own noise and give him a chance. And I had to get comfortable being married to a quiet man. And I’ll tell you, it actually helped me see how much I like being in the spotlight, and not everybody does. So I learned how to fill my own needs for extreme input and I also figured out how to get us both into situations where we both enjoyed the drama. We go out, we go see bands all the time, we go on hikes in the mountains, we do trail runs together and things that are like high-input kind of stuff so that we can both have fun together, but I get it that he needs recovery time from that. So he’s a bit of an introvert, and I’m not saying all guys who are quiet are introverts ‘cause I don’t think that’s accurate, but it does mean that there’s some adjustments you make. And the single biggest one that I made was learning how to get him to talk about things that he loves and is into.

MICHAEL FIORE: So can you give an example of that? I mean, I’m sure you have some of that in *Capture His Heart*, but can you give an example of like, how you do that?

CLAIRE CASEY: I do, and in fact we have a whole section in *Capture His Heart* and there’s a bunch of... and in fact some people

who got one of the extra upsells, one of the extra bonuses, I believe it was *Second Date Guarantee*, to guarantee a second date...

MICHAEL FIORE: Oh yeah, the hooked in questions!

CLAIRE CASEY: Yes! So asking questions that are really keyed in to what he's doing, what he loves. I think we used like a snowboard... my husband, in this case, he's a musician, and so you can ask any musician in the world about his instrument that he plays.

MICHAEL FIORE: I suddenly have an overwhelming desire to talk about my drum set by the way when you say that. I'm just like, "Oh yeah! Great!"

CLAIRE CASEY: And if it was you, Mike, I would say like, "So Neil Pert, Joe Jordason, who are your top favorite drummers?" because you're such a drummer.

MICHAEL FIORE: And I'd be like, "Joey Jordason! C'mon what am I 15? No. Jesus!"

CLAIRE CASEY: That's why I said Neil Pert, right?

MICHAEL FIORE: Yup of course. Yeah, yeah.

CLAIRE CASEY: But anyway the fact is...

MICHAEL FIORE: But really what you're basically saying there is if you want to get a guy to talk, this actually reminds me of what my girlfriend occasionally... She'll be like, "Mike, I want to talk!" I'm like, "About what?" "I just want to talk." I'm like, "Well then, start a conversation," right? Like just don't just put the pressure on me and say, "I want to talk about something," and don't just go in and say, "I want to talk about our feelings" or "I want to talk about emotions or talk about this..." Like, start a conversation about something that's going on that, you know, that your man is passionate about, and you'll get him to talk, you know? If he hates Obama, talk about politics. Talk about woodworking, music, whatever it is that he's into and that will get him going on a conversation. Don't just say, "I want to talk," and expect him to kind of pick up the ball and run with it.

CLAIRE CASEY: Exactly. Exactly. And frankly, a lot quieter guys happen to be connected with women who aren't as quiet, and so that's probably going to be your strength in that situation. And I want to just add on the end here that the signs for cheating... If a man is cheating... One, and I don't want to skip this too quickly, it's not that a man is quiet. You first notice a man is cheating signals in your gut. Like your instinct thinks something is wrong and you typically notice changes in behavior. Like very often a sudden change in sex, sometimes a whole lot more or a whole lot less. Unexplained cash expenditures or credit card bills, working late, fresh attention to his looks. All of a sudden, he's got to lose weight and fix his hair.

MICHAEL FIORE: Get a mohawk.

CLAIRE CASEY: His computer or cell phone habits change.

MICHAEL FIORE: Or he starts locking his cell phone when he never did before.

CLAIRE CASEY: Exactly. So that's a very different, very different thing than what we were just talking about.

MICHAEL FIORE: You know, Claire, let's take a quick divergence here because I think it's important.

CLAIRE CASEY: Okay.

MICHAEL FIORE: If a woman does start getting that gut feeling that her man is cheating on her, if suddenly he's having... he wants a lot more sex or a lot less sex, or if he's changing entirely how he does things or he's, you know, goes from being really quiet to talkative or whatever else, what should she do in that case?

CLAIRE CASEY: You know, that's a really good question, and I just interviewed Dr. Bob Huizenga about this. Yeah, and his answer to that, now I think this is a really good one, and it's similar to one you and I have given for different situations and his answer is do nothing. And I said, "What?! What?! What?!" because your first impulse in that situation is to either rant and rage or confront or go get your family and friends and...

MICHAEL FIORE: Or get the shotgun, you know? Geez.

CLAIRE CASEY: Exactly, but he says that the best thing that you could possibly do is to give yourself a two-week period from the time you have suddenly realized that there is something going on. A two-week period to educate yourself, to start figuring out you know in a more... less emotional... and it's going to be emotional, anyway, but...

MICHAEL FIORE: It's always emotional, yeah.

CLAIRE CASEY: You want as much control as possible to start educating yourself about what your options are and what you need to be doing before you alert him.

MICHAEL FIORE: And really, I mean Bob's a wonderful guy, I know that you're... so folks that are listening, you'll be getting that interview with Bob a few weeks down the line, basically. We have several bonuses that we didn't tell you about, like this one! We didn't tell you when you bought the program you were getting additional stuff, much like what you're getting right now. So there's going to be additional bonuses. As long as you're still in the program, you will get these bonuses for awhile in the future. And one of the things I talk about a lot is like the worst time to ever talk about an emotional topic is when you're emotional.

CLAIRE CASEY: Exactly.

MICHAEL FIORE: Like the worst time to talk about the future of your relationship is right after a big fight. Like you need to be as calm as you can and as rational as you can so you don't make stupid decisions. And again, like you know, we can talk about this all day, cheating is not necessarily the death knell of your relationship.

CLAIRE CASEY: No, in fact couples get over it all the time. They do, absolutely.

MICHAEL FIORE: They do, yeah. And in many cases, I know people who in one or in some cases, both people cheated because of, you know, they get a little older, they have kids, they do these things, they get bored, blah, blah, blah. And it was actually this thing that led to them strengthening their relationship and having a better marriage down the line. I'm not saying, you know, "Hey we're having trouble in our relationship, let's go make my husband go cheat on me!" That would be kind of weird, but like there are things, you know... it doesn't necessarily have to kill your relationship. It doesn't have to be a horribly humiliating experience or anything like that.

CLAIRE CASEY: Exactly. Yeah.

MICHAEL FIORE: Okay.

CLAIRE CASEY: Yeah, so the next...

MICHAEL FIORE: Let's move on. Men and Exclusivity.

CLAIRE CASEY: Oh yeah! Commitment.

MICHAEL FIORE: Commitment. This is a good one. Let me read the question here, and we'll have you kick it off. So a woman wrote in and said, "*Capture His Heart* was the first place I've ever heard about dating others until you're engaged. Are guys okay with this?" Similar questions from other readers would be like, "What does it mean when he's physical with me although he's dating another woman?" Well, it means that he likes to sleep with women. "A man who has just started dating another woman held my hand while we were talking." Well, golly. "He always hugs or touches me in some way, what's up with that? Is he just being nice?" No. We can answer that one in more detail if you want. And other questions of that type, basically talking about what does exclusivity and commitment actually mean to a man? Should you keep dating other men until you actually get engaged? Things like that. Claire, you kick this off. I will definitely have an opinion on it after you're done.

CLAIRE CASEY: Yeah definitely. This comes up so much, and in *Capture His Heart* I spend a fair amount of time in the fourth part talking about it. It is so important to continue dating until either you're engaged or, like Mike said earlier, you both agree to become exclusive. Explicitly.

MICHAEL FIORE: Until you're committed... you make a commitment.

CLAIRE CASEY: Yes! And what often happens is that the woman very quickly gives up all her efforts to continue her dating relationships and she assumes the guy will, too, even if they haven't spoken a single time about it. So the result is the women have shut down their options and the guy keeps all his open and you can lose enormous chunks of your life this way. And it makes women angry then, because they're like, "Hey, I spent two years with you and I was faithful to you," and he's like, "Well that's great..."

MICHAEL FIORE: Why were you faithful to me? We weren't a couple. I don't understand. Like, I've actually had this happen. Again, back in my more roguish days, my roguish days... I feel like I'm playing D&D. I had this kind of thing where you meet a girl and you're talking and you end up going to bed together and then you're casually... you think you're just casually dating, and then somehow it comes out that you went on a date with somebody else and she's like, "Oh my god!" I'm like, "Yeah, I thought you were dating other people, too!"

We're not a thing, we haven't. . . " and again, you know the engagement thing. Like, my hackles got raised at first on that question where you said like you should keep dating until you're engaged, because my girlfriend and I are not yet married, but we've been in a committed relationship for three and a half years and. . .

CLAIRE CASEY: And the writer said engaged.

MICHAEL FIORE: Oh yeah. Until you are committed in some way, and whatever that means to you. It doesn't mean you have to get married. Marriage is not the be all end all for all people. It works really well for some people, it doesn't work for other people. That's totally. . . Let's take that pressure off the table. You don't necessarily have to want to get married. It's okay. But until you're with a guy who says, "Yes, we are a couple," and you say, "Yes, we are a couple, and we're not sleeping with anybody else and blah, blah, blah," you're single.

CLAIRE CASEY: Exactly. And you are absolutely allowed to want your man to be exclusive. I think that's a worthy goal. And I had that goal when I was dating, but every woman should also understand he may not have that same goal, even if you do. Any woman who wants an exclusive committed relationship should do two things. Number one: you've got to be clear about your limited availability. In other words, and I give some script for this in *Capture His Heart*. You can say things like. . . and it doesn't have to be ugly, dating is fun, but I probably wouldn't date the same guy for more than a year without knowing it was serious or other things like that. You have to be able to communicate that your end goal is a serious committed relationship. And the second thing you have to do is to know how long you're going. . . you're willing to be in a dating relationship before you expect to know whether it's going to go further than that. Some people are like, "What?" And here's the thing, you can't keep adjusting your boundaries on that just because he hasn't agreed to commit. So like if you say, "Well, I waited two years for him, and he still isn't quite ready, so I'm going to have to give him another two years." Holy cow! You gotta shift back on that because you're just going to get mad and angry and upset, and you're going to lose more of your life that you could have invested in finding the man who is interested in a committed relationship.

MICHAEL FIORE: Just to put a point on that: as a guy, I will say that kind of thing is very effective. I know when I first met my girlfriend, she didn't say "Well, Michael, you and I are

going to date for a certain amount of time and then this is going to happen and then that's going to happen." She just said, "When I get married and have kids at some point in the next four or five years," right? It wasn't about me, it was about her, it was about her path, right? And that let me know without her being like, you know, she wasn't saying, "Let's get a Winnebago together and move in together," she was saying, "If you happen to be the guy who I'm with, just know this is what I'm moving towards," right? And I've known since day one of our relationship that if I want her, that's going to be part of the deal, right? I had to make a decision early on, you know, as we started dating. And I fell for her, I was like, "Okay, well, this might be the girl that I can do that with. Okay, let's see, let's go from there." So it's a very, very effective way to do it. And again, don't make it about the particular guy you're talking to, that's the biggest mistake you could possibly make.

CLAIRE CASEY: Exactly.

MICHAEL FIORE: Make it about your path and what you're going for and don't be super specific: "Well, I need to be married by the time I'm 30, and kid one is when I'm 31, blah, blah, blah." Just, like, let it be known what your goals and what your life path is, and if he happens to be the person to come along with you on that ride, awesome, right? It's incredibly non-needy. It's good. Good job.

CLAIRE CASEY: And speaking of that kind of thing, on the next topic, which I'm going to let you lead on, but I'm going to tell you what it is.

MICHAEL FIORE: Not asking for dates. . .

CLAIRE CASEY: Yeah. What does it mean—and we had so many of these—what does it mean when a guy texts you all the time, and we also had people who said, "Who calls you all the time," who blah, blah, blah all the time, but never asks you out? And let me read you a couple of these: "Why do men lead you on saying they love, care about you. etc., but won't spend time with me?" "Why does a man show enormous interest when you're with them and sends texts asking if he can take you out to dinner, he wants to know when I'm free and when I give him a specific date there's no follow through. No date is arranged." And there's several more like that. It's not an uncommon question, so. . .

MICHAEL FIORE: No, it's not an uncommon question, and there's probably a few answers for it. One is that there's guys who are just afraid to seal the deal, right? I mean, women don't really understand how frightening they actually are to men in a lot of cases. Women don't. . . women in my experience, when I first started doing this, I was shocked by how many women were confused that guys thought it was hard to walk up to them in a bar and say, "Hi," right? But that's the number one anxiety that men have, is that, it's called "approaching anxiety" among the pick up artist guys, right? It's like, "Man, I've got all this anxiety. What if she rejects me? What if this happens?" And it's funny to me that so many women are like, "Well, I'm not scary," and I'm like "No, you're incredibly scary! You are incredibly freaking frightening. You have breasts. You can reject us. You are frightening. It's a fact," right? And so sometimes it could be, this could be an indicator of that. Where he's like. . . okay, he's getting up to do it, but he's just scared to actually go on the date with you. He's actually just scared to really just seal the deal. To actually kind of get in there with you. Now, beyond that though, guys who kind of like never actually. . . I would say this: if you're with a guy who will never actually just say, "We're going on a date," ask him out. And if he doesn't follow through, stop talking to him.

CLAIRE CASEY: Yup.

MICHAEL FIORE: Plain and simple. Like, give him like one chance. Like, you know, it might just be he's shy, it might be that something's going on. You know, if a guy flakes on a date once, yeah okay, maybe there's a legitimate reason. If he flakes on a date twice, you're done with him forever, right? And I always tell guys the same thing. If you're dating a woman who does this kind of thing, then you're done with her, too, because she's obviously not serious and she's not giving you the respect that you would give somebody that you are potentially going to have a relationship with, right? If they treat you badly at the beginning of the relationship, they're going to treat you badly during the relationship, too. Just so you know.

CLAIRE CASEY: And what people do is more powerful than what they say they will do.

MICHAEL FIORE: Way more powerful. Way more powerful. Patter is easy. You know me. I'm a talker. I can talk to anybody about pretty much anything, but actions are what actually

matter. Does he actually you know, does he actually romance you, or does he just pretend that he romances you? Does he actually show he loves you, or does he just say the words? There are guys out there who will just say the words to get into your pants, do whatever else. I've personally never done that because it seems incredibly scummy, but there are men out there who kind of do that kind of thing. So but again, pay more attention to his actions. And if a guy is just like. . . You know, women write in all the time and say, "Michael, how long should I talk to a guy online before we have a date?" and I say absolute maximum two weeks. Absolute maximum. And I would say one week is actually better, but you know maybe something. . . you know, you've got jobs, you've got kids, you've got whatever else going on. If a guy's not willing to kind of take the action to be like, "Yes, let's actually go out," then I would say if you think he's worth it, ask him out. And if that doesn't go anywhere, move the hell on. Just be done with it.

CLAIRE CASEY: Absolutely.

MICHAEL FIORE: Now why do guys do that? Because they're scared, because they're manipulative, because they're. . . they get busy, all sorts of reasons. Again, it goes back to what I said before: it's not really about you, right? And in many cases. . . By the way, seduction isn't really about you, either. If a guy is putting a lot of effort into seducing you, that isn't really about you, that's about the seduction most of the time, right? That's about an attainable thing more than it is about you as an actual person. How sad is that? Seduction is fun, but it isn't really like. . . You know, just 'cause somebody's willing to put in the effort to seduce you doesn't mean they'll be a good boyfriend. And people. . . guys who are really good at seducing women are really awful at being boyfriends, generally speaking.

CLAIRE CASEY: Oh wow. That's. . . you know the thing you said about the waiting for a week or maybe two weeks at the most. I think what happens when you wait longer than that is you go closer and closer and closer to the friend zone.

MICHAEL FIORE: You do. Yeah. Or the booty call zone. You could end up there, too, but you don't end up in the girlfriend zone. You don't end up in the girlfriend zone at all. You'll end up being somebody that he thinks of as. . . You know, in *Make Him Beg To Be Your Boyfriend* I talk about like the categories that men put women into, and it's like you only have a. . . you really only have a small period of time with a guy where you

could be thought of as, “Hey, this is a girl I could date and fall in love with and have as a girlfriend,” right? It’s really difficult to go from being a friend to being more. And it’s actually more difficult for guys to do that with women, by the way. If he finds you sexually attractive, and you’re a woman, and you’re already friends, then there could be something there, but it’s really difficult to transition over that kind of thing.

CLAIRE CASEY: Well, and maybe that’s a good. . . let’s go to the next. . .

MICHAEL FIORE: Transition.

CLAIRE CASEY: . . . question. Yeah. Which is about the friend zone, and this. . .

MICHAEL FIORE: The dreaded friend zone!

CLAIRE CASEY: What does it mean when a guy starts out great but then. . . and this is a woman writing, so you know, who knows what that means, “starts out great,” but then says he wants to be friends? And several people. . .

MICHAEL FIORE: You freaked him out.

CLAIRE CASEY: Yeah. Several people who wrote here, and I’ll read at least one of them here, “A guy pursued me aggressively and we started dating, he’s in the middle of starting a company and is financially tight. Two months into dating, he had some health issues, starting acting distant, withdrawn, and a month later told me he wants to be friends and can’t be any more right now. I’m interested, very interested in him, and guess I have to be patient while he. . .” Oh, I hated hearing this.

MICHAEL FIORE: Oh man, yeah.

CLAIRE CASEY: “I have to be patient while he figures out work and health. How involved do I continue to stay in his life? We’re both 29.”

MICHAEL FIORE: You don’t. You don’t. So here’s the thing: if a guy tells you he just wants to be friends, it means either he doesn’t find you sexually attractive or you freaked him out somehow, right? Like, I’m remembering a girl I dated years ago—beautiful woman you know, wonderful girl—we’re still kind of friends. We know each other, you know? We dated for like six weeks, four to six weeks, something like that. I told her it was over. I didn’t say that we wanted to be friends, I just said, “I don’t think we should date,” ’cause I don’t think telling somebody you want to be friends is a great way to go.

But it was because I had just realized that there just wasn't potential there. She's beautiful, she's intelligent, she was not for me. I didn't want to be mean to her. I just wanted to say, "Listen, I just don't think this has... I don't think we have a future together. I really like you as a person, I just don't think we have a romantic future together," right? And she took it hard at first, and then we actually became friends, then we became lovers for a little while, but whatever going on from there. Either way, if he actually says that, it's because he is not interested in having a relationship with you. And again, that doesn't mean that you're not good enough. It doesn't mean that you're not beautiful. It doesn't mean that you're not girlfriend material. It means you're not girlfriend material for him right then. And going to the other part of your question about "How long should I wait?" Never wait for a man. You're just going to end up bitter. You're just going to end up bitter because what's going to happen, by the way in this case, is he's going to get his business stuff put together, he's going to get his health stuff put together, and he's gonna start dating somebody else who's not you. And you're going to be standing there watching it saying, "Well, I've been waiting for you this entire time. I turned down all these wonderful men because I wanted you and you're dating this 22-year-old girl with a tongue ring and what the hell?" right? And it's not that he's lying, by the way. He's not necessarily lying per se about any of these things. He simply doesn't know the truth, which is that he... you know, if he was ravenously attracted to you, all this other stuff would fall away. The friend thing is bullshit. And by the way, when you're dumping someone, never tell them, "I think we should be friends." Tell them the truth instead. Just tell them the truth. You know, most people that you date are going to be adults and you can say, "I'm not interested, I don't want to date you anymore," and be honest about it. It saves a lot of time. And it's a lot nicer than all this other crap that people throw at people: "We should just be friends. Right now doesn't work for me, I'm too busy, blah, blah, blah," whatever.

CLAIRE CASEY: And here's a way you can get that in your head because if... Let's just say this guy dumps you and he says, "I want to be friends," and you say yes because you don't know what else to say and you're trying to save face here, and you're like, "Yeah, that's what I want, too." You know, when you're friends with somebody, you tell them everything. Do you really want to be hanging out with him as he describes his latest sexual conquest? Or the...

MICHAEL FIORE: I met these twins last night they were amazing. . .

CLAIRE CASEY: Yes! And so when you have that picture in your head, you're like, "Oh wait a minute, no I do not want that." And you shouldn't. I mean, there's no reason you should put yourself through that.

MICHAEL FIORE: And again, you don't just like decide to be friends with somebody, right? Claire, I think we should be friends! What are you, five? Right? I don't have a single friend. . . I don't have a single friend who I am close with who I sat down one day and said, "Mike or Bob or whoever else, I think we should be friends." It happens organically. So what you say is, "I don't think we've got a romantic future together," and whatever else happens, happens, right? If we turn into friends, great. That's cool. If we don't, that's okay too. Doesn't make you a bad person, doesn't make anybody a bad person, just means you aren't going to become friends. Okay.

CLAIRE CASEY: Do you want to talk about some of the advanced friend zone stuff, because we did get some. . .

MICHAEL FIORE: Oh, my.

CLAIRE CASEY: . . . questions like. . .

MICHAEL FIORE: Go for it, go for it. We got some extra time, go for it. What do you got?

CLAIRE CASEY: Actually, I'm going to get you to do this because you talk about this I think in *Text Your Ex Back*, about friend zoning someone on purpose.

MICHAEL FIORE: Oh, that's *Make Him Beg To Be Your Boyfriend*. I talk about that. Yeah. I talk about, what I really talk about making a guy your gay best friend.

CLAIRE CASEY: Right.

MICHAEL FIORE: When a guy says he just.. So here's the deal, and this is for like, and this is a last grasp kind of technique, right? Because a lot of times, women will write in and say, "Mike, I got this guy, I really like him, he just wants to be friends," and what you do is you take him literally. He wants to be friends? You treat him like your friend. Which means you talk to him about. . . you ask him for advice on other guys you're seeing. You say, "Hey, do you want to get a beer?" And you don't be a dick about it, you don't make things up, you just treat him like he's actually your friend and see how he reacts. He might get really angry. And if he gets really angry

about it, that's a good sign right? Much like when in *Text Your Ex Back* we say go into 30 days no contact and sometimes people write us and say, "Mike, I went into 30 days no contact, and five days in, my exboyfriend got furious with me." I'm like, "Great! Good sign!" It means he cares. It means he cares at that point. And if he cares, you know hate is not the opposite of love. Apathy is, right? You can take anger, you can take disdain, you can take "hatred" that somebody has, and you can use that as fuel for something very passionate and very wonderful in the right cases. But if they don't care, there's nothing to do there. And if you put somebody in the friend zone and they really don't care, then he's really just going to be your friend and that's okay.

CLAIRE CASEY: Exactly. So yeah, I'm glad we took a minute just to go through that, because the friend zone can be a tool sometimes.

MICHAEL FIORE: It can be, it can be. And again, can it backfire on you? Sure.

CLAIRE CASEY: Absolutely.

Michael Fiore : You know it's like, Nora and I did the podcast the other day that's coming up, and it wasn't the podcast, it was the newsletter that I wrote, and somebody was saying, "Should I date my best friend? I met this guy a year ago he wanted to date, but I didn't want to. We've become such good friends, and now like he wants more and I'm afraid that if I have more we'll lose." And I'm like, "Dude, he's not your friend now. He's not your friend now. He was never actually your friend. He was a guy who liked you, who wanted to sleep with you, who wanted to romance you, you know, sat alone at night under the covers thinking about you in incredibly dirty ways wearing stripper heels and doing whatever else, believe me I know, I'm a guy. And he's never really been your friend, so what's the downside to just giving it a try? 'Cause you're going to lose him as a friend anyways as soon as you start dating somebody else."

CLAIRE CASEY: Right.

MICHAEL FIORE: He wasn't actually your friend. Friendships between men and women only actually work if both of them just want to be friends, right? If one of you wants more, it's not a friendship. I've been on both sides of this, basically. I've had women who I thought we were just friends and they wanted more. I've had women that I wanted more with and

they just wanted to be friends. It's very, very difficult. Until you get to the point that both of you are just like "No, even if I find you sexually attractive, I don't actually want to be with you," then you can actually be friends, okay? Let's go to... I don't even know what this means. Really? Discarded hand-warmers... I'm so confused by this one Claire. What does this mean? What...? Okay what does it mean if he gives you a really stupid gift? Oh, okay! So it's a specific question. Let me read this one: "I have been dating this man that has such great qualities and so much potential. After eight months of dating, he is finally making changes in himself that makes him way more attentive to our time. However, the other day, he finally got me something. My thoughts were, 'Wow, he finally got me something!' Well what he had got me was a pack of hand warmers that he said someone was throwing away and he thought of me because my hands get cold a lot. It's been a couple of days since then, but I have to say that him telling me that it was something someone was throwing away is bothering me because it was someone else's trash. Am I being too sensitive about this? What does it mean?" This is for future reference by the way. Claire take it away. What do you got?

CLAIRE CASEY: Okay, I'm not laughing at you, I swear I'm not.

MICHAEL FIORE: It's a funny question.

CLAIRE CASEY: But it is yeah, maybe just a little bit. I have... this is funny because I've been here, and there are some simple things that are going on that it's really helpful to know. And there was a time when I didn't know them, and boy, did I ever get out of joint. Lots of guys suck at giving gifts. Mostly because men are practical humans. Someone was throwing out a bunch of perfectly good hand warmers, he remembered you saying your hands were cold, and voilà, rather than wasting them, he gives them to you. This is not a gift. This is not a gift in the sense of, "I went shopping to find you that perfect pair of earrings." So don't think of it that way. And I'll tell you it even happens... you know, funny stuff like this happens. Anyway one time, my boyfriend got me a gym membership. He like bought a padlock like you would keep for your locker and he wrapped that up and he gave it to me, and I opened it and I'm like, "Why did you get me a padlock?" and he said "Well, I got you a gym membership!" and I was all like "So you think I'm fat!?" That was a long time ago. Today, I would be thrilled with that, and once I had a boyfriend who got me a really horrible, ugly necklace, and he didn't know

that rock concert tickets were the way into my bed, but you know, he learned...told him actually...I told him. They do learn. That's my point I want to make, actually. They do learn, and if presents are something that you absolutely love and want and need from a man, you'll have to tell him.

MICHAEL FIORE: You'll have to make it clear.

CLAIRE CASEY: Yeah. You have to help him learn the kinds of things you like, too, but I'll tell you honestly I wouldn't get too far into this one. I ask for or get the things that I want most, meaning I go get them myself and I consider everything else icing on the cake. Although you can gift shop together. Incidentally, guys are pretty good gift shoppers when it comes to lingerie.

MICHAEL FIORE: Oh, yeah!

CLAIRE CASEY: Especially if you're trying it all on for him.

MICHAEL FIORE: That's a gift for everybody! Everybody gets a gift, then.

CLAIRE CASEY: Holy cow! And if we can get a little bit R rated here just for a second...

MICHAEL FIORE: Sure, why not?

CLAIRE CASEY: You can ask him this, "If I were willing to try it out with you, which sex toy would you like to buy me?"

MICHAEL FIORE: Oh, yeah.

CLAIRE CASEY: Stuff like that. So you...

MICHAEL FIORE: Guys love that stuff.

CLAIRE CASEY: ...can set it up for him.

MICHAEL FIORE: Go to like a woman positive sex store by the way; they do exist. There is a great one in Seattle where I live called Toys in Babeland, which is just a wonderful, the most sex-positive, non-creepy place. There's also another one that is really creepy down the street, but there's also this one, which is just a wonderful store where you can go in as a couple, as whoever you are and have a really positive experience. To speak as a guy on your thing here on the hand warmers, I will say at least he was thinking of you, right? Like, he was out there and he thought of you and he gave you a thing. On the gift thing, I'm a notoriously bad gift giver as well, right? And here's an embarrassing story...my girlfriend's best friend had to talk to me and say, "Mike, would

you please just buy her some flowers?" And literally, like how stupid am I? No freaking idea she wanted...just wanted me to get her some flowers. I personally don't care about flowers. I think flowers are useless 'cause I'm a guy, right? And they don't do anything for me. Like if somebody bought me flowers I'd be like, "Can I get some drumsticks instead?" or like you know, a massage or a blow job or like anything. But I just don't understand it, it doesn't make any sense to me, and it was the same thing here. And eventually, I would just like, okay, well, I got her some flowers and it just made her whole day light up. And now I have a little note like on my computer, in here, telling me that every three weeks or so or every month, I should think about getting some flowers. Or if I happen to be walking by, I should get some, but I have to actually like train myself to do that. And it wasn't until somebody pointed it out. And it's not that he's not...that guys are stupid, but we don't care about that, so why do you care about it?

CLAIRE CASEY: Right.

MICHAEL FIORE: Yeah. It also goes back to the *5 Love Languages* thing, where some people are just...I'm not personally a gift-oriented person. I'm a words of love kind of thing, I'm very verbal. I'm very, you know, physical: sex, affection things like that. My girlfriend is more about the gifts, also about you know, she likes that stuff, too, but the gifts are really important to her, and I've had to learn to do that for her in order to make her happy or help her be happy.

CLAIRE CASEY: Yeah, and if you want, we can skip ahead, do you want to skip ahead to the...

MICHAEL FIORE: We should skip ahead, because we've already been an hour, so we don't want to go too too much longer.

CLAIRE CASEY: Yeah, I was going to just skip ahead to the intentionally rude one because it's connected to this.

MICHAEL FIORE: Yeah let's do it, go for it. "So what do you say to a man who asks you why you're still single with no children at age 45?" What a dick. That's what I would say by the way! "You're a dick!" What I would say is, "Why are you still acting like an asshole twelve-year-old when you're 45?" would be my answer, but hey. "So what do you say to a man who asks why you're still single with no children at age 45? The real answer for me is I just haven't found the right man." Well, you're not going to find the right man. "But that is not something

I feel I should actually tell the guy. I'm sure it makes me seem like I'm overly picky or undesirable. The fact is, I'm not desperate for anyone." Good for you! "Though I would like to be married someday." Claire, what else you got besides just saying to him, "Why are you an asshole at age 45?" What would you say?

CLAIRE CASEY: Yeah, which. . . You know, he's probably not trying to be a douche, you know? He's probably not. . .

MICHAEL FIORE: But he is being a douche. . . but let's not be wrong here, he is being a douche whether he's trying to or not.

CLAIRE CASEY: So it's, this is actually a question in his head. And here's the best possible spin that I could put on it. In his head he's thinking, "Why is she single? Could I really be this lucky?"

MICHAEL FIORE: Oh, yeah.

CLAIRE CASEY: He's interested. He thinks you're special, so he asks, he lets those horrible words come out of his mouth before he, you know, runs his filter. He isn't trying to see if you measure up, he wants to know if he does.

MICHAEL FIORE: It's like, "How did I happen to find this diamond ring sitting on the ground, right?"

CLAIRE CASEY: Exactly.

MICHAEL FIORE: People walked by this every single day and haven't picked it up. So how are you still available?

CLAIRE CASEY: Yeah. If you want to give him the benefit of that doubt, which you know you may or may not, but if you want to, you could take the heartfelt approach and say something like, "Wow, that's a huge question and I don't know if I even have the answer myself." That kind of lets you out of saying, "Why are you such an asshole?" And you could also tell him, here's another. . . I think this is a good answer: You could say, "I'm pretty happy being single, but I think I won't want to be that way forever. What about you?"

MICHAEL FIORE: Oh, there you go, turn it around, I like that. Cool. Great, let's move on to the next one 'cause we want to get through the rest of these before we have to shut this thing down. And I do want to do. . . just check out the questions from people before we close up. So what else we got here? "He said he would leave her." OH NO! Oh god really? Yes. I can answer this one, I answer this one all the time. Why don't you ask him, what's the question? Yeah.

CLAIRE CASEY: "What does it mean when he says he'll leave his girlfriend to be with me but he doesn't?"

MICHAEL FIORE: It means he's never going to leave his girlfriend to be with you. It means he's just using you for sex. That he's enjoying the fact that he's got two women instead of one.

CLAIRE CASEY: Correct.

MICHAEL FIORE: You lose, you lose.

CLAIRE CASEY: And there's not even any reason to read all of the different questions that we got exactly like that.

MICHAEL FIORE: No. We get these all the time. Here's the deal: Never date a married man ever, ever. And by married, I mean married. I mean if he's like officially separated from his wife and is not living with her and is not having day-to-day interactions with her, yeah you can date, right? But it's not going to go any further to being a real relationship until he's actually divorced. Doesn't work that way. If he's married and still living with her, then you're basically the other woman. No matter what he says about how what a bitch she is, all these other things and, "I'm totally going to leave her as soon as the kids are a little bit older. . . bullshit, bullshit, bullshit, bullshit, bullshit," right? Listen. As a guy I'll tell you right now, if I could have my amazing relationship with my girlfriend and also have other women I just got to have sex with who I didn't have to have an emotional relationship with, and if that was okay with my girlfriend, I'd probably be into it. If I could get away with doing that and just be like, "This is cool, and nobody's gonna get hurt?" Sure, great, wonderful! That's not the way it works really, generally speaking, right? In our culture. So I don't do that kind of thing cause I really, really like my girlfriend and I don't want all the complication anyway. He's happy with the way things are. He's happy having his girlfriend and having you on the side. Whether he actually likes his girlfriend or not is immaterial. You know the answer to this is, this is all you gotta do, the line that I give everybody for this exact one, you can write this down: "Look me up when you're single." That's all you gotta say. "Look me up when you're single. If I happen to be around, maybe we can go on a date." That's it. But no like, "Oh, I'll be waiting for you." And no like, "Yeah, okay. We can mess around and blah, blah, blah." Nuh-uh! He ain't single, you don't date him in any way. You don't sleep with him. It doesn't matter how much he seduces you. It doesn't matter what he says. It doesn't matter what kind of game he talks or any of that

kind of stuff. "Look me up when you're single." And if he, you know, if things are really that bad with his girlfriend and he really wants to give you a shot, he'll get single. But you're not going to make him get single. It's an awful thing. You don't want to be like LeAnn Rimes and all that stuff, it just ends badly. Geez.

CLAIRE CASEY: Yeah.

MICHAEL FIORE: That's enough of a rant. Anything to add there? I can just rant some more.

CLAIRE CASEY: No, that one's like one of the shortest and easiest of all.

MICHAEL FIORE: Yeah it is, and it just really makes me mad 'cause there are so many women who put themselves on hold for men who don't deserve it. And a lot of times it's not even that the guy is asking them to wait. That's what really bothers me, right? It's that he's like...there are guys who are like, "I've got a girlfriend and I want to cheat on her with you," is basically what he's saying. And they're like, "Oh, yeah, but he's totally going to leave her, right?" Nope. That was never his intention. That was never what he was actually looking for. He was just, "I find you attractive and I want to have sex with somebody besides the girl that I usually have sex with." Sorry. Okay, what else we got here? So we also got the How Slow is Too Slow? Oh, good one. Okay, what's this one about? Here it is, where is it? I lost it.

CLAIRE CASEY: It says, "What does it mean that he's going so much slower than I want to go?" And we had several of these, too?

MICHAEL FIORE: Sexually?

CLAIRE CASEY: Yeah, I think physically and a couple of different ones there, but the fact that...the simple thing about this is it took me a long time to learn to initiate the intimacy that I wanted. I dated...I only dated a couple of shy guys because the majority were like really fast guys, but the shy guys frequently did leave me feeling frustrated, although less frustrated than the ones that were too fast for my comfort level.

MICHAEL FIORE: We just said, "Hello." Why are your clothes still on? I don't understand.

CLAIRE CASEY: But I would be reasonably happy about a man with a slow hand if you would feel good about initiating. And this is actually, I'll give you a hint, this is going to play out in your favor in the bedroom. I'm just going to give my testimony there. So the simple answer is initiate. Initiate.

MICHAEL FIORE: And be coy. And I'll also say this: for some guys, it could be that he has a small penis and he's freaked out about it. It could be he's afraid of... he has performance anxiety. You know, a lot of guys, you know the first time with a woman can be very stressful, especially when there's condoms involved and all this other kind of stuff. Especially if it's a guy who's been in a long term relationship where he didn't have to use condoms, and then he's dating you and maybe you're the first person that he's had sex with in awhile and he's like, "Oh my god, I have to put this rubber sock on my dick and I don't know what to do about it. Is it even going to work?" and blah, blah, blah. These are things guys worry about. Like, plain and simple, these are things guys worry about a lot. So that also could be it. There's a bunch of reasons that guys could be going slow, but I really like Claire's advice on how to handle it. And you can have a conversation with him about it, too.

CLAIRE CASEY: Yeah, skip ahead to the next one, Mike, and answer it because it's related. And it is...

MICHAEL FIORE: Something Missing in the Physical Relationship.

CLAIRE CASEY: Right. "What does it mean when he doesn't kiss me or hold my hand and he closes his eyes during sex," which I thought was...

MICHAEL FIORE: He's thinking about somebody else. And here's the deal: all guys will occasionally think about somebody else while they're having sex with you. This is true. This is unfortunate, but true. I don't think anybody else will ever tell you this, but it's a fact. I have had sex with one woman and thought about somebody else in the past. It's not a nice thing to do, it's better if you have eye contact, things like that. Maybe he's gay, maybe he's not, but he's definitely thinking about somebody else in the moment. Or he's thinking about... maybe it's not even somebody else. It might be a different situation. It might be, if he's closing his eyes and fantasizing during sex. It could be that he has fetishes that he's really not comfortable telling you about yet, for whatever reason. Maybe there's certain things that turn his crank that he needs. Guys' sexuality tends to get much more strictly attached to fetishes than women's do. Women are actually way more sexually flexible than men are. Women can often-times even have sex with another woman and it doesn't mean they're gay, it means, "Well, I was turned on." There you go. There's a lot more flexibility in that kind of way, whereas guys

get attached to whatever their particular kink or even whatever their particular mindset is for sex. And oftentimes [men] cannot perform without that particular thing. But in this case, if he's not going to kiss you, if he's not going to hold your hand, he's thinking. . . he's using some other mental crutch to get through the act, which means he's not into you. And that could be that he's gay, it could be that he has a particular fetish, whatever it is at that point. But it's bad news.

CLAIRE CASEY: Yeah, yeah. I agree. And we'll come back around to that in just another moment, too, when we talk about men and porn a little bit.

MICHAEL FIORE: One quick thing though, one quick thing. Just because he closes his eyes during sex doesn't mean that he's not there. You know, sometimes you just close your eyes 'cause you want to focus on feeling instead of seeing, right? You know, sometimes you just want to have that kind of thing. You know, blindfolds can be fun, too. But the combination of these things to me, he doesn't kiss, he doesn't hold your hand, he closes his eyes, that's a red flag. There's something going on there.

CLAIRE CASEY: I would agree.

MICHAEL FIORE: Okay. Next we've got Women Who Do Too Much. What's this one about? What do we got? Here we go. "What does it mean when I've been seeing a man for two years and he still refuses to meet my kids and when he doesn't make enough money he expects me to pay his bills? What do I do?" Claire, what do I do?

CLAIRE CASEY: This means you're doing all the work. He's enjoying all the benefits, and if that's what you want, and I would guess it isn't, find a man who's a grown adult, who is willing to pull his own weight and meet you on your own terms. This guy is a loser, he's a little boy.

MICHAEL FIORE: Total loser. Total loser. If he hasn't met your kids after two. . . now I don't think you should meet a guy or girl, you shouldn't meet the person's kids until you are a couple of some kind, I would say.

CLAIRE CASEY: I would agree.

MICHAEL FIORE: Or getting close to that. You know I've had people... I had one woman I dated, I met her son like the first day I picked her up, and I met her son at the door kind of thing and I was like, "Why am I meeting your son? This is our first date. This could go anywhere," right? And like, he was a little kid, he was four years old. I'm like, "I don't want him to get attached to me and then I disappear." That would suck, right? And how awful, I mean we all have friends, they had their mother or their father who was constantly bringing new people into their lives who were then immediately disappearing, and all the damage that does emotionally to children, where they're like, "I can't bond with anybody, right?" Like what the hell do I do? Yeah, this guy's a douchebag. That's what it means. That's what it means. It means he's a douchebag and he's comfortable in the situation and he's not a guy who's worth your time, right?

CLAIRE CASEY: And do you want to talk just for a moment about the whole... There are so many women who will say, "Well, he needs to know right away," and then they have a list of things, and I'm like, "No, he doesn't!"

MICHAEL FIORE: No he doesn't, no. You discover these things over time. Like you don't say, you don't talk about your mental illness on the first date. You don't talk about your ex-boyfriend ever until you're moving towards being a couple, really.

CLAIRE CASEY: Yeah, and...

MICHAEL FIORE: You can mention that you have kids, but you don't make the date about the kids.

CLAIRE CASEY: Exactly. And some women will even ask whether they can put their kids, a picture of themselves with their kids like on their dating profile. And I want to say, "No." I really think this is... yes the kids are part of your family, but no they're not a part of your first date.

MICHAEL FIORE: Well, here's the deal, as a guy, so we're working on an online dating program, we're working on something. I actually wrote the outline, we're working on the material now that shows women how to create a really powerful online dating profile and how to handle online dating. And a few months ago, I wrote my email list and I said, "Send me your profiles, and I'll take a look." And this one really cute girl sent me in her profile. She's probably 26/27 tall, blonde, beautiful... I mean, the kind of girl if I saw her walking down the street, just you are beautiful, it's great! But every picture of her in her profile was her and her seven-month-old baby.

CLAIRE CASEY: Oh. . .

MICHAEL FIORE: Every single one, right? And as a guy I'm like, "Wow really cute girl, but I don't want to be that kid's dad. Why would I want that?" And that tells the story in your profile of, "I'm not looking for somebody to have fun with. I'm not looking for somebody to have sex with. I'm not looking for somebody to watch movies with. I'm looking for somebody to raise my child," is what it says, right? That's what it says. And your online dating profile is the movie preview for what it's like to date you. Think about it that way. It's the two-minute trailer for what it's like to date you. And you know, when they put up movie previews, they don't show the good bits and then they show. . . and then it's way too long, and the special [effects] suck and it's got some crappy actor in it blah, blah, blah. They show you the good stuff, that's the way it's supposed to be. We expect to be shown the good stuff. When a guy sees your online dating profile, he expects that this is the best representation of you, right? Which means the pictures of you should be you, but they're good pictures. The examples of, you know, how you come across should be you, but they're a good version of you, right? And also, if your kids are all over your profile, all that says to a guy is, "I'm never going to get to hang out with you and just have us be, just date you. It's always going to be about your child." Like, guys, we understand your kids mean a lot to you, they should, right, but they don't belong on your profile. There's a little box that says "Do you have children?" You say yes, you don't lie about it. And also, I would say like when you're writing your profile, you can't. . . the first line, even if it's true, the first line on your profile can't be, "My son is the single most important thing to me in the entire world." That may be true, but it doesn't belong at the top of your profile. It drives men, it drives good men away like crazy. It doesn't mean the guys who are being driven away are douchebags, it just means. . . it's like, "Well, this is not what I'm interested in right now," right? I'm not looking for somebody who. . . I'm not looking to have a relationship with your kid. I'm looking to have a relationship with you. Who are you? But anyway. . . more ranting. . . look at all this ranting.

CLAIRE CASEY: I think it's good stuff to say. And our last one is kind of a big one and I put it last. . .

MICHAEL FIORE: PORN!

CLAIRE CASEY: Yeah, because it comes up all the time and it's something that we should really allow to have a little bit of space here.

MICHAEL FIORE: Wait a minute Claire, I'm a guy and I watch porn! Man this is great! I can totally answer these questions! This will be wonderful, yeah.

CLAIRE CASEY: Well, I want to ask, I want to read this one because it's a good one and it brings up some issues that we can kind of talk about. The question is, "What does it mean when he flirts online, and in this case with Russian women?" Which I'm only laughing at the Russian because it doesn't really matter, you know? It could be anyone.

MICHAEL FIORE: Well, and they're not really women, anyway, so it's okay.

CLAIRE CASEY: But anyhow, she says, "My husband of 37 years is disabled, and I've been working two jobs to support us for the past five years. He consequently has," and I know this is hard, "he consequently has a pretty crappy self image, which he bolsters by talking and," she puts this in quotes "flirting online with Russian women' for a few hours each day in an attempt to," as she says, "learn to speak Russian.' He says this is harmless flirting, but every six months or so, he seems to become infatuated with one of them. This doesn't last long. He gives every indication of loving me, and we have a great sex life, except for during those periodic infatuations."

MICHAEL FIORE: Oh, man.

CLAIRE CASEY: "Often, the women try to split up our marriage as they are looking for an American man to marry and support them so they can escape their own miserable lives. A few times an especially aggressive one has come here for a visit."

MICHAEL FIORE: Oh my god!

CLAIRE CASEY: I know! That's pretty extreme! I've never heard of that. "But I am certain that he has been physically, although not emotionally, faithful to me. This kills me. I'm trying to look on it as porn with far away but interactive women. I alternate," This is a good... I love her spirit, "I alternate between loving and understanding him and wanting to kick his ass out."

MICHAEL FIORE: You can love and understand him and want to kick his ass out. That's fine.

CLAIRE CASEY: Exactly, I loved the honesty in that. And she says "Do you have advice?" And I decided to let you like take the point.

MICHAEL FIORE: This is a crazy one. Now, I understand he wants self esteem, right? He's a man who's been disabled, he's whatever else, and men of that age anyway, like the fantasy is to be found attractive by younger women, right? That's why there's a whole industry built around it with cam girls and all that kind of stuff. This is why strip clubs exist, because you go to a strip club and you get the fantasy of being wanted by the 25-year-old girl right? Even though maybe you couldn't be wanted by the 25-year-old in some other way. Or if you could be wanted by the 25-year-old girl, then you get the fantasy of "I can be wanted by her and then walk away," right? And not have to have any connection there of any kind. Yeah you got to put a stop to this, though. This is not about his self esteem. If he was just looking at porn online while you're gone, that's fine. If he was even just having the occasional chat with random people, but if he's developing relationships of some kind, this is bad. I wouldn't put up with it, personally. I can understand, you know, you can both understand where he's coming from and be sympathetic, but you also need to be sympathetic to yourself, right? I mean this is a weird analogy, but several years ago somebody I know, this is kind of dark but we'll bring it up anyway, committed suicide. Really smart guy. He had mental illness. These kinds of things happen. And a good friend of his who is also a friend of mine came to me and said, "Mike, I really need to talk to you." I'm like, "Okay about what?" and she was saying, "I'm so angry at him." And a lot of our friends were like, "No, you have to forgive him and blah, blah, blah," and I was like "No, you can both really miss your friend and be incredibly angry at the person who killed him. You can do both of these things, right?" And in this case, you can both understand that he has a hard time being disabled, being home, being blah, blah, blah, and be really angry at him. And what about you? You're working two jobs. You're busting your ass. You're not having your cake and eating it too, either. I mean whether you should kick him out or not, I don't know, but you need to put an end to this in some way. Even if you understand why he's doing it blah, blah, blah. Of course he's going to resist you, of course he's going to turn it into a fight. You gotta stand up for yourself anyway.

CLAIRE CASEY: Yup. Yeah. And to kind of take some of the heat off of it, and just talk about men and porn. Just more internal.

MICHAEL FIORE: Sure what do you want to know?

CLAIRE CASEY: My thought, I have a couple on this, one is that guys use an orgasm for stress relief a lot of times and women eat chocolate or go on a trail run and achieve the exact same goal sometimes. And another thing about this is that guys... a lot of guys feel really guilty having as much sex as they actually want with their women because they feel like they're using them for stress release or some kind of simple physical thing rather than what they might think of as "real intimacy."

MICHAEL FIORE: My girlfriend would never get anything done if we had sex as often as I want. A, she has a job she has to go to. B, there's just physical limitations going on. I mean a vagina can only take so much. It just wouldn't work. I will say on the stress relief thing, I personally can't take a nap unless I masturbate first. Like I need that in order to be calmed down enough to take a nap or go to bed or whatever else. It's not that uncommon.

CLAIRE CASEY: I think there's also the thing about novelty and fantasy, and porn allows a place for some of those really, really... maybe I can't tell anyone about this desire to be, I don't know, wrapped up in a diaper or whatever. I can't tell anybody about this because they would laugh at me or I would be just outright rejected. So there's that also.

MICHAEL FIORE: Or your girlfriend would just freak out. You're like, "Oh, if I mention that," or you're like, "Hey, you know, yeah I had a fantasy about having sex with you and your best friend." "Oh, golly! Oh, no! How dare you!" Every guy has had that fantasy. Every guy.

CLAIRE CASEY: Yeah.

MICHAEL FIORE: It's a fantasy, it doesn't mean anything. It's a fantasy.

CLAIRE CASEY: And there's, yeah, it's an important reason to draw the line between those two things and say...

MICHAEL FIORE: Very much so, very much so.

CLAIRE CASEY: This is something that's in my brain versus this is something that I want in my life. One, probably the one thing when I read this woman's letter, the one thing that came clear to me in her words was when the porn takes away from the relationship.

MICHAEL FIORE: Very much so.

CLAIRE CASEY: That's the red flag. And that's where I would have to be explicit and talk with my man if that were...

MICHAEL FIORE: If he would rather watch porn than have sex with you, that's a problem.

CLAIRE CASEY: Yeah, exactly.

MICHAEL FIORE: If he wants to watch porn and have sex with you as often as you want to have sex and he likes to watch porn on the side, and blah, blah, blah or if he's like, "Hey this is the porn that gets me off and I want to watch it with you," you know maybe you don't like it, maybe it's not the kind of porn that's for you. But that's him trying to bring you deeper into his sexuality, which is actually a positive thing. Now it might be too intense for you, it might not be the kind of thing you're into, and that's a whole other conversation, but at least he's trying to include you in some way. But if he is like watching porn to the exclusion of having sex with you or having an actual sexual relationship with you, that's when porn gets dangerous. That's when porn becomes a problem. Women that write in to me and say, "Mike how do I keep my guy from watching porn?" I'm like, "You don't. You don't win that fight." Because the best thing that's going to... the best thing that will happen is you will forbid him from watching porn and he'll simply watch it and not tell you. 'Cause he's just going to, right? It's the way it's going to work. But if it's a thing that's really impacting your sex life, then it's an issue.

CLAIRE CASEY: Right. Yeah. And I know that's a big touchy subject, but it's a good one to talk...

MICHAEL FIORE: Yeah... oh where'd you go?

CLAIRE CASEY: You know, this isn't to say that this is how everybody is going to make decisions about...

MICHAEL FIORE: No, no, no.

CLAIRE CASEY: ...it, but it's still a good way to draw a line in the sand is to say, "Is this taking away from our intimacy or adding to it?" Which?

MICHAEL FIORE: And in many cases, like guys will have... they'll become a bit addicted to the porn because it is stress relief. Because it does fire those neurons in his brain in a way that real sex doesn't. Or it could be that his fantasies are more hard core than the lovemaking you want to have, right? Or are different than the lovemaking you want to have, or he's

attached to some particular fetish. And guys, I mean believe me, in my line of work you hear about a lot of fetishes that range in really crazy ways. And you know, generally speaking if you're in a relationship, if you want to try to find a way to, not necessarily make your partner's fantasies or fetishes come true, because some fantasies shouldn't come true, but at least entertain them in some way, right? Talk about them in some way. If you want more of the soft lovemaking kind of thing and he wants more of the hard core stuff, well you gotta, you know, compromise sometimes. You talk about it like adults and you figure it out and kind of try to give each other what you really need to have a satisfying sex life. And it's, you know...men are not going to be satisfied with...I don't think a lot of women are either, but most men are not going to be satisfied with just soft focus, you know. Kissing passionately the entire time blah, blah, blah stuff. A lot of guys, especially guys who have watched porn, unfortunately, are going to want some of the more just like fucking stuff on occasion, on a regular basis. And that's not a bad thing as long as you're able to have a conversation about it like an adult. Fantasies are fun.

CLAIRE CASEY: Well, that's like...

MICHAEL FIORE: That's it! That's what we got! It's great. And it's been about an hour and a half, so I think we're in a good place. So folks who are here, yeah, Heidi you're asking if there will be a replay. Assuming the computer did what I told it to, it is telling me it is recording right now, so hopefully when I stop this and hit the process button it will actually save the thing. And our tech guy is actually on vacation this week, but we will have the replay up early next week sometime is when it will go up. Maybe Maggie can do it as well. And I hope you guys enjoyed this call. I really enjoyed it. I always love hanging out with Claire. I love hanging out with you guys. If we didn't get to your question, I apologize, but we can only handle so much in so much time. And we'll have more for you in the future. Again, we do have several things, I think Claire's program's fantastic, incredibly robust, but we kind of like to over-deliver, it's fun. You know, we want to make sure that you guys really, not just get your money's worth, I think you already got your money's worth with everything Claire gave you, but are given the guidance you need to try to have the relationships that you really want and that you need, okay? So look in the members area for this recording to show up sometime soon. Claire Casey, thank you so much for being here and being so awesome.

CLAIRE CASEY: Yeah it was awesome. It was fantastic.

MICHAEL FIORE: Thanks for being you. Okay, I'm going to end this thing guys, women, ladies, thank you so much for being here, it's been a good time. Bye, bye.