

# WHEN HE WON'T MEET YOU HALFWAY

A SURVIVAL GUIDE PART 1



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# **When He Won't Meet You Halfway- Part 1**

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# **Why Is Getting Him To Emotionally Support You SO HARD???**

It's not like you're asking for the moon. You're just asking for some basic consideration.

You've tried everything.

You've communicated clearly, shown appreciation, avoided criticism, spelled out exactly what you need him to do. And still...

*Nothing changes.*

- When you talk about your feelings, he gets irritated or tunes out.
- When you're upset, he shuts down or gets angry at you.
- He shows zero curiosity about your inner experience.
- You're on his team, but he's not on yours.
- You feel like you're on your own emotionally. You've never been so lonely.
- You feel closer to ChatGPT / your kids / your fur baby than you do to him.
- You fantasize about having a partner who responds with empathy and care.
- You're tortured by the fear that your relationship will never meet your needs, but you don't want to give up.

## **When He Won't Meet You Halfway: Part 1**

If you're nodding enthusiastically, welcome. I'm so glad you're here.

**We need to have a talk, woman to woman.**

There are things you haven't been told. Things you *need* to know.

You've been led to believe that your partner could be the emotionally supportive man you need him to be, if you just do the right things.

If you just communicate better.

If you just praise him for every little thing.

If you just keep from emasculating him and avoid making him wrong.

And on and on and on and on...

You want advice. You want hope. You want to believe you can fix this.

Because the alternative—that he'll *never* be the emotionally supportive partner you need—is too horrific to consider.

And that's where so many women get trapped.

They're told that all it takes to get to their destination is for THEM to change.

They've been told that their man's behavior is a result of *their* behavior, rather than a result of who he is.

They've been promised that if they learn to act the "right way," he'll suddenly start responding with love and warmth and empathy.

## When He Won't Meet You Halfway: Part 1

That's a cruel, cruel promise.

**Because it makes YOU responsible for how he treats you.**

### What Happens When You Take Responsibility for Him

There are two people in this relationship, but only one person taking responsibility.

And you're feeling it.

You've been working your *butt off* trying to hold this relationship together: being the best partner you can be, taking care of his emotional needs, putting your own needs on ice...

But now you're at the end of your rope. You're worn out. You have *nothing left to give*.

You can't keep going on like this. Your health is showing the strain. You're starting to resent your loved ones, and you don't want to be that person.

You need to get your own cup filled ASAP so you can get back to making sure everyone else's is full.

But how are you going to train your guy so that he fills your cup without being asked, instead of just draining it?



## When He Won't Meet You Halfway: Part 1

### The Wrong Question

Sorry, hun. That's the wrong question.

Because your cup does need filling—that's the truth.

What matters most right now is *that it gets filled*, not who's doing the filling.

**Your empty cup is the real problem in this relationship.**

So before we go further, I want you to promise me:

- **That you will set limits on your availability** so you can carve out time to recharge.

- **That you will choose one or two little things** that bring you joy (or even just relief from life's pressures) and commit to doing them regularly.

- **That you will look at the ways your relationships are making you feel worse**, and set temporary limits on the ones draining you the most.

- **That you will make an honest assessment of your health** and what you need to get/feel better.

- **That you will choose one or two safe people to confide in** about what you're going through, if you haven't already.

Because right now his wellbeing isn't what's at risk.

YOUR wellbeing is at risk.

You've been surviving without your emotional needs being met for far too long.

Reliable, consistent emotional support is not just nice. It's *life-saving*.

## When He Won't Meet You Halfway: Part 1

### So Why Won't He Pick Up That Pitcher?

Right now, it's like your guy is sitting at that table with you staring at that pitcher.

All you want him to do is pick the damn thing up and fill your glass.

You know he can see that your glass is empty.

You know he has the muscle strength to lift a measly pitcher.

You've asked him politely a thousand times. You've explained how important it is. You're dying of thirst in this relationship. Can't he just try?

But he refuses.

Maybe he says, "You got arms. Fill your own damn glass."

Maybe he says, "That's a woman's job. I ain't doing it."

Maybe he fills your glass once—stingily—and says, "Don't get used to it."

Maybe he picks up that pitcher and fills his own glass but not yours.

Maybe he makes a show of filling the kids' glasses while ignoring yours.

No matter what you do, he won't fill your glass.

WTF?

## When He Won't Meet You Halfway: Part 1

### Some Possible Explanations

This is one of two things.

1. *It's a power struggle.*

2. *It's a limitation.*

Either he CAN fill your glass but won't (because he thinks it's beneath him, because it's women's work, because he hates water)...

Or he really isn't capable of noticing or caring that your glass is empty. He's just not the kind of guy to fill a woman's glass.

If it's a power struggle—if he's refusing to meet your needs on principle—then we have a problem.

You're in a relationship with a guy who wants you kept in place. Your job is to serve him; it's not mutual. You have no right to make demands on him.

Then you need my free guide on the 10 Signs of Trouble.

[\*\*Read it here.\*\*](#)

But not all guys refuse to fill your glass out of maliciousness. Some guys just don't think to do it.

You can show them how to pick up that pitcher and pour water a thousand times, but it never wears enough of a groove in their brain to become a habit.

Because they don't *want* it to be a habit. Their minds are elsewhere. They think they should be supporting you by making sure the water bill is paid, not by wasting time making sure everyone's glasses are full.

## **When He Won't Meet You Halfway- Part 1**

With these guys, sometimes you just have to stop fighting and accept what's staring you in the face:

**He's limited in what he can do for you emotionally.**

Accepting his limitations might be the very best thing you can do for your relationship, because it frees you to find other ways to get your cup full.

### **Are You Saying My Expectations Are Unreasonable?**

No. It's perfectly reasonable to expect the man you love to support you.

You're not asking him to be your therapist. You just want him to:

- Be emotionally present when you're hurting
- Be willing to hear you without getting defensive
- Show curiosity about your inner world
- Meet you halfway in problem-solving
- Respond with empathy, not irritation, when you're vulnerable
- Be willing to grow and adapt as the relationship evolves

Those are good, healthy things to want in a relationship.

But...

**The man you love might not be capable of that.**

Not because he doesn't want to show up for you, but because he is *unable* to support you in that way.

Your expectations and his capacity might be a mismatch.

## When He Won't Meet You Halfway: Part 1

### But Wait—Surely That's Not Possible

Surely *everyone* is born with basic empathy skills.

We notice when people are struggling. We care. We reach out to help. That's just basic human nature. It's instinct.

You know your guy has that instinct. You've seen him help people.

Like that time the elderly neighbor was struggling with her grocery bags and he helped her carry them in. He can help people when it suits him.

So why isn't he helping you?

### He's A Man

The easy answer is this:

**Because he doesn't see it as a man's job.**

It *is* a man's job to help elderly ladies with their groceries.

If something makes him feel like a man (especially in front of others), he'll jump to do it.

But in his head, the kind of support you're asking for isn't within his remit as a man.

You're asking him to deal with *emotions*. Emotions are girly stuff. That's for women. If you want help with emotions, go to your girlfriends; they're good at that.

Especially if he grew up seeing the men in his family get served by women *but never serve women back*, he won't feel your emotional needs are his responsibility.

## When He Won't Meet You Halfway: Part 1

### Where Did He Get That Crazy Idea?

When you got together with your guy, he'd already had a lifetime of training.

That training taught him how men are supposed to treat women.

It taught him what a man does in relationship: what his role and responsibilities are—and aren't.

It taught him how to deal with feelings in himself and others (*e.g., feelings are weak, feelings are to be mocked, only women are emotional, not men*).

It didn't matter if those early teachings were true or not. He was too young to engage with them critically.

Even though he's older and smarter now, he still carries those early teachings deep within as the test of what "feels right."

If something jives with what he absorbed growing up, he'll be inclined to believe it.

If something contradicts what he absorbed growing up, he'll be inclined to dismiss it.

Those early lessons are SUPER powerful. More powerful than the sense coming out of your mouth.

It's important to remember that, with men:

**When their beliefs about the world come into conflict with you, they will often choose their beliefs over you.**

No offense.

It's just that their beliefs make them the man they are.

## **When He Won't Meet You Halfway- Part 1**

Even if his beliefs make his life hard, he will stick by them out of loyalty. He refuses to question them because that would require re-evaluating his entire life.

So you could come along and say, *“Huh uh, a man doesn't walk away when his girlfriend is crying, he sucks up his discomfort and holds her until she feels better.”*

But he's not going to take your word for it.

He's going to weigh that statement against his lifetime of training.

If what you expect of him doesn't align with what he's been taught as a man, he's going to go with what feels right to him.

### **No Wonder Communication Doesn't Work**

So his refusal to emotionally support you isn't a “communication problem.”

Explaining better is not going to get you anywhere.

Asking more nicely is not going to get you anywhere.

Being a sweeter, more understanding partner is not going to get you anywhere.

*Because you're butting up against his limits as a man.*

In order to be the supportive partner of your dreams, he'd have to learn and grow and stretch and maybe even let go of those old ideas about what men do.

He'd have to change *who he is*.

And if you're asking him to change who he is, by definition that means you don't like him the way he is right now.

## When He Won't Meet You Halfway: Part 1

### Hold On—That's A Bit of A Leap

Is it true that asking a man to change is tantamount to saying he's not good enough the way he is?

For a lot of men, the answer is yes.

They resist their partner's pressure to change because they feel they should be good enough for her exactly as they are in this moment.

When she tries to explain that she isn't saying that—she *does* love and accept him as she is, but she wants their life to be better; she wants them to grow and learn together...

He tunes out.

Nope. He's not having it.

### The “No-Further-Discussion” Gavel

You're talking over each other in the heat of debate when you hear a gavel struck repeatedly on a table.

The gavel hammers and hammers until you fall silent.

The gavel cuts off conversation. It ends the debate. It returns the floor to the one person with the most authority—the one holding the gavel.

**Your man is the one holding the gavel in your relationship.**

When he tells you...

*“This is just who I am.”*

*“If you don't like it, we shouldn't be together.”*

## **When He Won't Meet You Halfway: Part 1**

*"I'm not changing."*

*"I don't care..."*

He's slamming down that gavel.

He's silencing you and preventing you from arguing further.

This discussion is over. What he says goes. He will not listen further.

When you watch him walk away, all these words bubbling over in your mind that he won't even listen to, the pain is indescribable.

If you could just get him to listen. If you could just get him to understand!

But you can't.

Because he won't allow it. He won't open up. He won't even consider it.

It's his way or the highway.

And you love him too much to walk.

### **A Win For Him**

Men pull out the "my way or the highway" line because they know it works.

It stops you from pushing further.

Once your man slams down the No-Further-Discussion Gavel, you shut up. You swallow your words—for a while. You're wary of bringing up the problem again. You're starting to learn there might be no point.

## When He Won't Meet You Halfway- Part 1

Swinging that gavel solves the problem as far as he's concerned.

He won't change; you just won't listen. He can't get you to see that. So it's better not to talk about it at all. You'll never agree. It just causes bad feelings.

At least now it's more "peaceful" between you.

*But that peace is bought at a price.*

You now feel like your emotional needs don't matter to him at ALL.

He's refusing to participate emotionally in your relationship.

He's refusing to problem-solve with you.

He's denying you a voice.

In the end, maybe he's getting what exactly he wants:

A relationship where he's the unmovable center and you're forced to orbit him.

### The Harsh Truth

The multi-billion-dollar relationship advice industry makes its money teaching women to adapt to men.

Men aren't paying for advice on how to adapt to women. (Though they are paying for advice on how to train their girlfriends. ☹ )

A man who expects his partner to adapt to him, rather than bending to meet her where she's at, isn't an entitled jerk.

**He's a normal guy who's been socialized in a typically masculine way.**

## When He Won't Meet You Halfway- Part 1

It's his socialization, not his character, that's the problem.

And that socialization is fed by a strong current of toxic advice telling men they're being hard done by because *women are never satisfied*.

I've been following men's dating advice for twenty years, and I've grown increasingly worried about the dark direction it's taken.

Men are being told that women's expectations are unrealistic, they want too much, they want to turn men into pussy-whipped females. It's impossible to please a woman no matter how hard you try. Better to ignore her pleas and focus on being a man and remind her of her place.

Your guy might feel like he's being pulled in two different directions.

You're telling him one thing about how you want him to behave in your relationship...

While a chorus of other men are telling him the opposite. They're telling him to ignore you and clapping him on the back for standing up to you. (*"You can't let your wife control you. She can't tell you what to do."*)

Who does he listen to? Who's right?

Well, if he's like a lot of men, he's going to go with what the guys are saying.

It's a matter of gender loyalty. Their opinion of him matters more. He needs their approval. It's better for a man to lose a woman than to lose the respect of other men. (Harsh but true.)

So stop blaming yourself for the way he's acting. You're not making him do this. His *beliefs* are making him do this.

## **When He Won't Meet You Halfway: Part 1**

He believes men shouldn't be expected to listen to a woman's problems and deal with her messy emotions. It's not natural; men aren't good at it.

He wants you to feel supported, but not if he has to do it.

### **What He Wants**

He thinks that what he expects from your relationship—unlike what you expect—is reasonable.

He wants:

- You to go back to being predictable
- You to be happy with what he gives you, like you were before
- You to stop burdening him with unrealistic expectations
- You to be available to him instead of making a big deal about boundaries
- To not have to think about the relationship—to relax back into taking it for granted

He's not getting what he expected any more than you are.

Because here you are, telling him you need emotional support, crying, getting stressed, acting disappointed in him, making home a place he doesn't want to come back to.

As a man, what's he supposed to do with that?

## When He Won't Meet You Halfway: Part 1

### Er—How About Offer A Little SUPPORT?

It's crazy that men could make this all go away just by learning how their partners want to be emotionally supported and doing it.

But they don't think that would help.

They've been told—brace yourself—that emotionally supporting a woman turns *a man into a woman*, thereby destroying any hope of sexual attraction.

Yeah, we've got to talk about the Friend Zone.

Chances are your guy came across the idea of the Friend Zone at least once when he was single.

The Friend Zone is the idea that women divide guys into two types: potential lovers and friends.

There is no crossover. If she sees a guy as “just a friend,” she'll never want to sleep with him.

(Turns out that's not true. The friends-to-lovers pathway is one of the most successful ways to start a relationship. But this has never been about science.)

So guys are highly motivated to avoid becoming a woman's “friend.” They hope to keep themselves in the running to become her lover by avoiding anything that might get them put in the Friend Zone.

Things like...

*Listening to her talk about her problems.*

Yes, men are *actually taught* to shut down conversations when women start to bring up their problems.

## When He Won't Meet You Halfway: Part 1

They've been taught that being empathetic and letting a woman discuss her problems—especially man problems—in front of him essentially “emasculates” him. It turns him into one of her girlfriends. She'll never feel sexual attraction towards him again.

He can't blame her; he did it to himself. He chose to be the “nice guy” who emotionally supports women. He cut himself off from any hope of getting together with her. If he wants to get a girlfriend, he's got to stop acting like her girlfriend.

I know how insane that sounds. I'm sorry.

But this stuff is in the zeitgeist now. Even boys are hearing it.

And very few men are out there saying, *“Hey, the Friend Zone is stupid. Making friends with girls is actually really good practice for having a girlfriend someday.”*

### Feelings Turn Him Into A Girl

You think you're just asking him to support you. Come on, it's not hard.

But he doesn't hear it that way.

He perceives it as *you asking him to be a girl.*

Men don't muck about with feelings.

They've been trained to disconnect from their feelings—stuff them down, get over it, and get on with life.

They don't “process.” They get angry, lash out, drink a few beers, go quiet for a while—and then feel better.

They don't get why you have to wallow in how you feel.

## **When He Won't Meet You Halfway: Part 1**

A lot of men believe the way they deal with feelings is superior. They're more "logical." They get mad, not sad. They make their feelings go away by ignoring them. It's much more efficient.

Of course, you know better.

You know he's a seething mass of feelings beneath.

Sometimes he even talks about them to you.

But his willingness to open up to you doesn't make him any more willing to listen to you when you open up to him.

For him, femininity flows one way.

Men want a partner who gives them all the gooey feminine stuff—like validation and compassion and sensitivity—but they resent it when she expects them to return the favor.

## **When Your Patience Runs Out**

When I was younger, I didn't mind accommodating men.

I thought this is just what relationships were like. I was there to support him; it didn't matter if his version of supporting me was letting me be his girlfriend.

I'd been taught to be an independent woman. A sexy woman doesn't burden the man in her life with needs. She takes care of her needs herself, so he never feels pressured.

I was optimistic, brimming with energy, and had more love than sense.

But then...

I grew up.

## **When He Won't Meet You Halfway: Part 1**

By the time you hit your 30s and 40s, you're tired of carrying other people's stuff for them.

Being a girlfriend doesn't do it for you anymore. You want a responsible partner who shares the load.

You want reliability. Consistency. Competence.

You want an adult at your side, not a boy you have to mother.

But maybe you chose your guy back when his unreliability wasn't a problem. You didn't need his support so much then, but you need it now. Things are getting harder. You're dealing with a lot. You need him to step up. You're exhausted.

But he can't. Or won't.

Because he's still the same person he's always been. He doesn't think it's his job. He hasn't supported you before, so why would he start now?

That's incredibly lonely.

And incredibly scary.

## When He Won't Meet You Halfway: Part 1

### Stay Tuned for Part II

That's the end of Part I of this guide.

In Part II we'll talk about what you can do.

- Is this salvageable? The clues to look for
- Tips to break this pattern you're stuck in
- How to protect your energy and set loving boundaries
- How to grieve what you may never get in this relationship—and keep it from turning into resentment
- How to stop feeling so alone—the comforting embrace of history

This guide may have contained insights you didn't want to hear. Take a moment to sit with them.

And if they still don't sit right to you, I want you to remember:

**You know your relationship best.**

You know whether this applies to you or not. You can feel the truth in your gut. Trust it. Take this as food for thought, nothing more.

If you'd like to reach out to me, I'd love to hear from you. You can find me at:

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## ABOUT THE AUTHOR



Amy Waterman, M.A., is a Love Educator, Pleasure Revolutionary, author, and founder of Your Brilliance. Over the past two decades, she's helped tens of thousands of women stop pleasing men, start pleasing themselves, and live their most brilliant life. Find her on [YouTube](#), [Facebook](#), and [Twitter](#).

Want to work with her? [Book a free Discovery Call.](#)

## When He Won't Meet You Halfway- Part 1

### The Pleasure Principle

Stop pleasing men. Start inviting *them* to please you. Discover the power of your pleasure to create instant and lasting attraction.



### Effortlessly Likable

Struggling with meeting new people? This guide will show you how to find and unleash your natural charisma.



### Unleash Your Pleasure Power

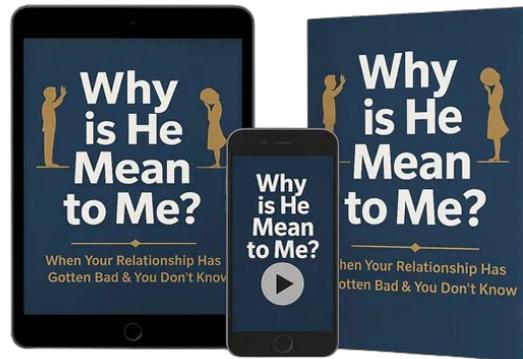
We all know that men love to get naked, but what they love even more is the bliss on your face—and knowing *they* put it there. Discover how he can make intimacy even better for you.



## When He Won't Meet You Halfway- Part 1

### The Mean Switch

Does your partner act cold, cruel, or mad at you sometimes? If you're in a relationship with a guy with a temper, this guide will show you why he acts so mean at times.



### Your Instant Love Coach

Ever lie awake at night worrying over your love problems? Wish you had someone to talk to? Then Your Instant Love Coach is here! Find out how to turn AI into the ultimate love coach.



### Sanctuary Signals

We know what men want from relationships—but what do *good* men want? Find out how relationship-minded men think differently from the rest... and how to capture their hearts.

