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**The HIGH EQ Way to Choose the Right Man for You**

**By Susan Dunn**

**The HIGH EQ Way to Choose the Right Man for You by Susan Dunn, MA, Emotional**

**Intelligence**

Take a look inside him. Ask yourself these questions.

1. What's his EQ? Did you know you can measure it? Since your relationship depends upon your interpersonal skills, it would be smart if you both took the EQ-Map© and then worked with an EQ coach on areas needed. EQ can be learned. Go here – <http://tinyurl.com/z94t> .

2.Does he have deficits in the limbic brain? This is about eye contact, oxytocin, bonding, parenting, affection, using the word "we". If all you're getting is reptilian (sex ) and neocortex (intellectual), why give up good closet space when a Rampant Rabbit and Wikipedia would do?

3.How's the left- right brain balance? Talking to someone who's all left-brain is like getting facts from a machine. Talking to someone who's all right-brain - they may not be organized enough to show up for the talk!

4.How "male" brained is he?

According to Simon Baron-Cohen (

<http://www.amazon.com/exec/obidos/ASIN/0738208442/susandunnmome-20> ), the extreme male brain is good at systematizing, and low on empathy. It takes the average male 7 times longer to process emotional information than for a woman to. What if it takes him 70 times longer? What if he can't get there at all?

5. How does he manage his anger? You need to experience this. Don't make a decision until you've had your first big fight. Make sure you both trust yourselves and the relationship enough to be able to disagree openly and come to a resolution.

6.Will he be there for you? As Oriah Mountain Dream says, will he "stand in the middle of the fire with [you] and not shrink back?" It's a sign of maturity and character to be able to stand and deliver when

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you feel like running.

7.Can he be faithful? This isn't a philosophical issue. If it happens to you, it can hit you in the gut.

Male infidelity may be intellectually defensible, but emotionally it destroys the covenant of the relationship the way the radioactive contamination from a nuclear bomb destroys vegetation. It won't be coming back in your lifetime, and without it, there is no relationship.

8.Does he know enough is enough? One should never use more force than is necessary. Can he think before he speaks and then deliver just the right amount. And no more. It shows empathy, self-confidence, and self-control. This means resisting all urges to deliver the big one-two he knows would really really hurt you in a verbal argument.

9.Do you laugh together? If there's anything you can count on to get you through the long haul, it's a sense of humor. Wit gets bonus points with me. It can be used in public, and can save your marriage on a 6-hour car trip with a carsick kid and a broken air-conditioner. Silliness ... now that's the sign of true lovers.

10.Does he say nice things to you about you and the relationship? The formula is 3 positive things for each negative thing. Does he do this? Is he willing to learn?

©Susan Dunn, MA, Emotional Intelligence Coach, <http://www.susandunn.cc> . Coaching, Internet courses and ebooks on relationships, emotional intelligence, career, transitions, retirement. Susan is the author of "Midlife Dating Survival Manual for Women," available here: <http://www.webstrategies.cc/ebooklibrary.html> , the best ebook library on the Internet.For FREE EQ ezine, <mailto:sdunn@susandunn.cc> and put "ezine" for subject line.

### **Washroom Break**

**By Andre Leblanc**

Picture yourself at a bar with some of your buddies. Everybody is having a good time. Suddenly your friend stands up and asks you to go to the washroom with them.

Now if you were a female this would be totally normal you would gladly accept and probably talk up a storm in the washroom. But if you were a man being asked by another man you would feel embarrassed, wonder about your friends' sexuality and manlyhood and hope that the rest of the group doesn't think the same about you.

Why do woman use the washroom as a meeting place? Why do men always go to washroom alone? In the past when times were a bit simpler but more dangerous woman would never go to the washroom by themselves in fear of being attacked by a wild animal. Instead they would go out in packs so this way they could protect each other from possible threats. Therefore that is why they go to the washroom together as it is natural instinct.

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On the other hand the man being the hunter and protector of the group would always go to the washroom by himself. Therefore asking another man to go to the washroom will make him look weak and unable to defend himself like one of the ladies. Although I'm sure a lot of woman can defend themselves better.

So what do woman talk about in the washroom. They pretty much talk about anything and anybody. They discuss which men they like and which men they don't, and any personal problems they are having or their friends. Therapy to anybody who looks's upset and cosmetics talk to any stranger who asks.

Men on the other hand don't talk to anybody. This is pretty much a universal unwritten rule. The further away they are from other men the better. Let's say there are a few urinal's the first man will choose the one at the end. Now the second man will choose the other one at the end. Never would you see a man pick one right beside another man when there are other ones further away.

Also most likely a man will take an enclosed toilet before he has to pee beside another man. One thing that men don't have a problem doing is farting, usually the louder and longer the better. For the ladies no farting is aloud. This once again brings us back to instincts for the men; the louder and stronger the better.

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Andre Leblanc has several years experience in the online dating and relationship field. Including implemetation of new technology and creation of websites. Currently working on .

Washroom Break

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