



UnderstandMenNOW

with Jonathon Aslay

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Jonathon Aslay: Hello and welcome! Thank you again for joining me on part two of Dating Divorced Men workshop. I'm Jonathon Aslay, your Guy Spy and Heart Protector, Dating and Relationship Coach for Women. Again I want to thank you for joining me on this call.

You're in the right spot if you've even thought about dating a divorced man, are currently dating a divorced man, are divorced yourself or even just for those that are dating someone who's probably just recently broken up in a relationship. We're exploring the different dynamics that come with breaking up from a long-term relationship primarily a divorce and the dynamics that occur within a marriage. So you're definitely in the right spot if you're on this call.

I shared in part one what makes me uniquely qualified is like many I've gone through a divorce. After being in a long-term relationship (marriage) for over 12 years and going through the dynamics of the divorce I understand the unique emotional aspects of what happens during a divorce especially from the male perspective.

Part one of our call was all about the emotional state – what happens to a man's emotional being in a divorce and how that's going to affect him in the next chapter of his life and whether or not you should be considering that man as a potential life partner because this is all about understanding men and what we go through from an emotional perspective. But the second part of this (second audio) is really more practical advice and in your thank you page you received a guide of 25 questions that you might want to consider before dating a divorced man or if you are currently dating a divorced man. We're going to spend a little bit time of talking about that. Then we're going to kind of end in when is he ready for partnership and when is he ready for commitment. We'll go through some practical advice around that.

I want to recap a couple aspects of this call series and that is: before when I talked about the emotional state and because I'm uniquely aware of what it feels like to go through a divorce I shared a lot of my own personal perspective but I also shared the perspective of many of the men I've spoken to in the past who have gone through a divorce and what it felt like from the emotional side.

There are certain aspects we have to consider from the practical side. Let's go through that even though we're recapping a little bit about what we talked about. We're looking at it from the practical aspects right now. We'll go right back to the stages of divorce. From the moment that two people decide to end their relationship; I guess we want to look at it from the standpoint of when they're separated because that's usually the first stage. I'm not going to get into all the



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legal terms here but in that separation there are times when they move out of the house right away or they might stay in the house because there's children or there is some other dynamic involved – maybe financially – that requires them to stay together. Now I suspect that if you're considering dating a man who's in the environment where he's still at home with his spouse or ex-spouse now or soon to be ex-spouse I'm not sure that's an ideal time to start dating a man.

Here's the question: **what if you started dating him well before he initiated the divorce?**

Three Categories of Divorced Men

I don't want to get involved with any infidelity and that capacity so from a practical standpoint I want to talk about the men who have already moved out of the house. Initially the beginning stages of moving out after a divorce there's a lot of trauma and change that's going on so we're going to look at divorced men in three different categories. We're going to look at their past, their future and/or commitments and we're going to look at responsibilities.

What was really the cause of the divorce? I think what's so important is that if a divorced man isn't aware of the mistakes that they made in their marriage or the failing of the marriage whatever the reasons were – maybe he was an absent husband, maybe he was an absent father – if there's no real consciousness or awareness associated with what happened, what caused the marriage to fail, I think there's an old saying *those who fail to learn from history are doomed to repeat it*.

One of the things I think is acutely important if you're considering a divorced man. Let's just start with that first stage; if he's literally recently just separated. Not just understanding the why and as a matter of fact please write this down:

What did he learn from that experience? Instead of the why, what did you learn?

I think that is so hugely important when considering a divorced man going forward. Chances are and here's where I'm going back to the period of time. If it's the initial stages of separation I highly doubt they are going to be considering that question. They are in the mist of this initial change in their life. Now instead of emotional aspect of what's going on there's the practical aspect. There's the moving out of the house and more than likely men tend to be the ones to move out of the house but not always. There's moving out of the house and getting a new residence. There's going through the process of filing for divorce and usually that's the woman that tends to do that.

In all this (and don't forget what I talked about – what did you learn) I highly doubt there's going to be time for real self-reflection (during that period). In fact it takes months and months of adjusting, and in fact in many cases its years to truly adjust and to really contemplate what I just stated.



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Why I brought that up in the beginning is hugely important is that if we can't learn from our mistakes we are definitely going to repeat them.

Now let's take this process a little bit further. A man goes through a divorce and he starts dating like I did and I immediately jumped into match.com method of meeting people because I was clueless on how to meet, how do you even date. I was literally out of practice for a dozen plus years so there's different avenues of how to date and meet. I guess the real question is and I know someone just asked me this question before the call began was when is a man ready to start dating?

When is a man ready to start dating?

There is no real clear cut answer. There's no time limit that I can state that is the best time to consider. Here's the thing and this is another component I want you to consider from a practical standpoint: both men and women need to date after divorce to really truly find themselves in many cases. You might be thinking what do I mean by that. I think we learn more in relationships than we do in self-reflection.

You might be saying well Jonathon I disagree. Sure, you can read all the books in the world but until you apply it practically and when you have another party to engage whether they are a mirror of you or the polar opposite of you it's in that engagement that we have our truest growth.

During the period of time; I'm going to take it now past the separation period where the divorce has been filed and moving forward. I think it's natural for people to date and I think in that process it's important to recognize that it's where we grow the most emotionally.

From a practical standpoint you have to ask yourself do I want to take the risk with someone who's going through emotional growth when they've just begun the process. I would say go back to my first question. One of the first things I'd want to know about from a divorced man is what did you learn from your past experience? Not about her, not about the details, what did you learn from being in relationship and how are you going to apply that going forward?

I'm probably going to emphasize this several times tonight because I think that's the theme of what makes someone be ready in a practical sense going forward to potentially partnership and long-term commitment.

I think a couple other aspects to consider (I'm going to throw in some additional things) is there are some men after divorce that immediately seek a caretaker. In fact they might even have some codependent personality traits so their natural reaction is to date and practically marry the first person they meet.



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Here's what is going to happen, if you're a codependent personality you're not going to have any problem you're probably going to find the perfect match for you in the sense that there's not going to be a lot of courtship going on, it's going to strictly move from dating to a relationship and moving in together to getting married. That's what happens with men who need caretakers in their lives. They move quickly and their counterpart does the same because there is a dependency to relationship. This only really matters if you're the first or second person that is the one that is dating this man. If you're not and if you've been around for a little bit chances are we're not going to have this issue. I point that out because there are many men who need caretakers and immediately go into a relationship right away.

I'm going to shift gears for a second and say another aspect of dating divorced men is that I think what is interesting is in our 20s (I stated this on the first call) we're not quite grownups yet. I think what's happened is that when you go through the experience of a failed relationship and a marriage and you start getting closer to your 40s there's a huge maturing period that goes on. I talked about the hero's journey but the benefit of the hero's journey that we talked about on the first call is that that's the true maturing period. In that a man shifts from and I'm going to use the analogy of a prince and a king; if a prince is when we got married in our 20s and we go through the dynamic of a divorce and all the emotional aspects of a divorce I think that's when we begin to shift and mature into manhood. I think why that's so important and why that can be so hugely beneficial is that when that man makes the shift he's going to be more prepared to look at the next chapter in his life.

Our Lives in Five Different Chapters

I want to look at our lives in five different chapters:

1. 0-20
2. 20-40
3. 40-60
4. 60-80
5. And beyond

If we're in that third chapter of our lives I think we gain that maturity and the practical benefit of that is the decision we make at this stage in our lives are hopefully made with more consciousness and the desire for partnership has already been evaluated in much greater detail than we did in our 20s. One of the aspects of a divorce that could be hugely beneficial is the shift from prince to king or shift to manhood.

I said we're going to talk about three different areas. So I talked a little bit about the past. I want to talk a little bit about responsibilities because on call one I talked about the emotional aspect but now I want to talk truly about the practical aspects of dating a divorced man.



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Here's the thing: if there is divorce with no alimony, no child support it's not going to be that much different than a man who's never been married. He's got his own income and if there's no tie to the ex it's not going to be too much of an issue. If there's alimony involved and child support you need to be acutely aware that that is going to affect how he dates not just in the beginning stages but what that truly means in long-term relationship.

You got a copy of the book and I talked about the five C's and I talked about continuity and in that is economic agreement. I think it's important to recognize that when you're dating a divorced man depending on the economics is just have it in your consciousness, just be aware and be proactive recognizing that while emotionally it can be one thing but the practical aspects might be a bit of constraint.

It's really more to be aware and to say to yourself if I'm going to consider someone who has those obligations and responsibilities then truly ask yourself how you want to contribute and how important that is to you. I've coached many women who feel that is not something they want to undertake but they might have to take on that responsibility. I think you need to be aware that that's one of the components and that is it might be that there is limited funds to put towards a household because it's all put towards children and/or alimony. Again, have that in your consciousness about responsibility.

25 Questions to Consider When Dating a Divorced a Man

I'm going to take a break for a second and go through some of the questions. If you happen to have the handout handy we're going to kind of review this for a few minutes. I've outlined 25 questions that you may want to consider when dating a divorced man. I'm only going to pick a few and I'm going to share a bit about the kind of logic behind it. These are questions you need to ask yourself and if the answers are yes it means there's good chance that he might be a good candidate to be dating. Are you ready to date a divorced man or is he ready to date you?

Has he been divorced as in the legal document stamped by a judge not separated for at least a year before you begin dating him?

I'm a huge proponent and this is such a huge question because it really takes 18-24 months to go through the divorce process and I think to be emotionally ready. At minimum emotionally ready to continue on with a new relationship and to be potential long-term partnership. I say this; you have to be careful about being a transition girlfriend which I talked about before and that is the relationship is the rebound relationship (if you will).

So I think at a minimum consider one year. This is your choice you can date someone who just broke up with their wife last week but I think from a long-term perspective you're going to have more success when there's 1-2 or 3 years under their belt after their divorce.



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Here's an important one:

Are you willing to take a backseat if issues from his ex or his children come up?

I think that's another huge important practical aspect that you have to consider when considering a divorced man. If there's an ex wife and children involved then sometimes you're not going to be his priority. Now here's the thing: if you're divorced with children (reverse holds true for the men as well) it's about finding that blending balance ultimately that makes a successful long-term relationship. But you have to be aware of this.

Here's one that I'm a huge proponent to that I want to chat about:

Has he done the me work to grow from the experience of introspective therapy or personal development?

Friends I'm a huge proponent that when you go through a shift in your life especially a divorce that there be some personal growth work done referring to both men and women but particularly in men because oftentimes we shut down our feelings. I think the shift occurs when we start questioning who we are, why we're here and what's my purpose? When we start to look at life and asking those serious questions it shifts from being an ego based (looking at it just for myself) into a potentially we based. Let me say that again:

It shifts from an ego based to a we based

Again, when you are dating a divorced man these are some things you're going to want to know. What personal growth work has he done? For example I've done Tony Robbins. I've done David Deida. I've read a number of books including *The Secret* to name a few. Gay and Catherine Hendricks. I'm naming a number of people and you're more than welcome to email me later to get more titles. There's a great book called *Attached* and there's another book called *He's Scared She's Scared* that I recommend.

I've read those books. I'm not suggesting that every man is going to read those but I think the minute we crack open a personal growth book, personal development book, and we start to really invest in who we are we show up as men who are going to be different when it comes to our dating capacity and what we're looking for in life.

I'm a huge proponent of that when you're considering dating a divorced man.

Here's a good one:

If he has children can you be patient waiting for several months to meet them while establishing exclusivity and commitment?



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This just came up recently in a coaching session. When is the right time to meet the children if he has children and vice versa if you have children when is a good time for your man to meet them?

There are several different schools of thought. My experience has been to introduce the children at a point where you know you have an exclusive relationship. Besides monogamy but you've genuinely called yourself boyfriend and girlfriend and you've probably gone past the third month mark of dating.

Some people introduce their children sooner but I've always been a proponent and I waited over three months to introduce my children to my beloved. I feel as though that's the minimum benchmark. Some people believe its six months and some believe it's a year.

I think for you to meet the children three months is a fair amount of time. And not to push that issue because everyone is going to go at their own pace. I want to be clear about that.

Here's a question:

Has he made it clear that there's no chance of reconciliation with his ex?

How many times have you heard people go back to their ex during that separation period. It's one of the reasons why I recommend waiting until that ink is stamped on the divorce papers. I would want to know what the status is, what his feelings are for his ex, what the environment was around the divorce and what the likelihood is that he could go back to his ex.

Do you have patience to tolerate a bad ex who tries to interfere with his life?

I don't know how many times an ex can screw up a brand new relationship because they meddle in their ex's life. You need to be aware that what comes with dating divorced men is an ex and the baggage that potentially comes with it.

If he's holding out some feelings for her you're going to have some issues. If she's holding out for him or makes his life a nightmare it's part of the whole package. In fact there's a chapter in my book about the part of the whole package and I think we need to recognize that that comes with it and be aware that you might have an ex to deal with.

I wanted to spend a few minutes before we jumped into the Q & A talking about the practical aspects and when is a man really ready for partnership and commitment.

I think one of the most important things to recognize for a divorced man is that; I talked about the players in audio one, I talked about the dynamics and emotional aspect, and I talked about



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sowing seeds. One of the things you can clearly recognize with a divorced man who is serious about relationship and commitment is that he dates with patience. Let me say that again:

He dates with patience

He takes his time because he recognizes that for the next chapter of his life that's a very serious; if he's truly serious and committed to wanting to have relationship partnership it's not going to be a race to get into bed! It's not going to be a race to move in together. There's going to be time to truly evaluate whether or not you are a good fit.

A man who is really relationship ready takes his time and he's patient because he's been there before and he knows what he's gone through and he doesn't want to make a mistake.

Codependent personalities jump right into marriage again but that's because they are dependent. They need caretakers. But truly men who have processed their divorce, gone through the emotional aspect I've talked about, have prepared themselves from the responsibilities and the commitment aspect date with patience.

There is a difference between dating with patience and dating like a turtle slow. I want to be clear about that because the person who dates with patience is interested in relationship but he is not pushing it full steam ahead but he's also not lackadaisical about it because that tends to be more of an avoidant personality. They're not serious about a committed relationship if they go too slow but if they go at the pace that suggests they want to see you on a regular basis; write this down it's what I call the CAARS.

The CAARS

Companionship
Attention
Affection
Regular Sex

I'm discounting long-distance relationships here. I'm talking about relationships that you live less than an hour away from each other. If you're consistently seeing each other 2-5 times a week and you're sharing activities together, you've gotten to a point where you're introducing each other to your family and friends, you've got maybe some regular activities that you're doing together, there's a consistency in this relationship that's leading to continuity and he's doing it a patient pace chances are you're with a man who's truly ready for a committed relationship.

If his behavior is erratic – one minute he's in, one minute he's out, one minute he calls you up for booty calls, the list could go on and on – chances are he's truly not ready for a long-term committed relationship. There's more processing and work that needs to be done.



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Five Signs a Man is Truly Ready for a Long Term Relationship

I'll give an example of some things that I think of that tells me a man is truly ready for a long-term relationship. I'm going to list five of them.

1. He calls in the middle of the day for no reason.

One is your partner calls you in the middle of the day for no reason other than just to say hi. I'm not talking about the text messages that say I'm thinking of you. I'm talking truly makes an effort to call you, wants to connect with you. That's an example of a man who's ready for a committed relationship.

2. His friends know all about you.

I think another one is where the man you're dating friends know all about you. In fact I recently ran into one of my private clients at a function recently with my girlfriend and we were at a food stand and she saw my girlfriend and she goes I know everything about you. Partly that's because of Facebook but also because I talk about my beloved all the time. That's an example of a man who's truly beyond just the surface level of a relationship. My clients all know about her but my friends and family all know about my partner. In some cases, know more about her than I do.

3. He listens to your every word.

I'm going to share with you something that's hugely important. When you're in a relationship with a divorced man he's listening to every word you say. He's present and paying attention. That's a huge distinction of whether or not he's serious about a long-term relationship or not – he's not just at the surface level but he's really in at a present level and he's listening to everything you say except for maybe when we're rambling.

4. He takes interest in your work and hobbies.

The two next things are, one if your partner will take interests in your hobbies and work. I've dated women in the past where their work didn't interest me until I took no interest but I realized I wasn't that into them and that's why I wasn't interested. When a man is truly interested in a woman he's interested in all facets of her life and he expresses it by wanting to learn not just what you do for a living and to be an active participant in that but also your hobbies. I'm not saying he has to partake in those hobbies but it's an active wanting to know those things because it makes you happy so it's going to make him happy.

5. He's nice to your family and friends.



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I know this is going to sound so trivial but it's so important because it has to do with real internal character, is are they polite to your friends and family? That to me is just a sign of character.

I think when we cover those five and I know they're just a few but I believe those are representative of a man who is truly ready for a long-term relationship. If he's at least attentive in that area, polite to your friends, he takes interest in your work/hobbies, listens to every word, his friends know about you and like I said he just calls you for no reason.

With that said I'm going to open up for Q & A and then wrapping up the call with some other additional thoughts about dating divorced men.

Q & A Session

Jill: Hi Jonathon it's Jill.

Jonathon Aslay: Hi Jill.

Jill: I had this question in mind and you kind of answered it but I just wanted to expand on it a little bit. This whole idea of a divorced man who is looking for like a caregiver, I did run into this in one relationship. It took me a long time to sort of figure out what was going on and that wasn't the basis of the relationship but there was an aspect of it.

At first it's actually very romantic because this man kept saying even though the divorce was not that amicable he really missed being in a family, having someone with him all the time, having the woman next to him and just having that feeling of home and family and stability. It was a very kind of loving thing. It kind of took me a little while, we had truly fallen in love, but to also see that there was a side of it that I kept saying ought oh I'm turning into a caregiver because it kind of pulled out my rescuer tendencies which I always have to work on not getting into that mode.

I guess my question is, is there any way early on in a relationship to sort of separate the divorced man who truly appreciated being married and would like to do that again versus someone who's just like I'm used to someone taking care of me I want a woman?

I will say this man was many years out from his divorce. I was not a rebound girlfriend.

Jonathon Aslay: Thank you Jill. I so appreciate that and you know why because it just totally hits something with me in my relationship. Can I share an example and hopefully that answers your question.

Jill: Sure.



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Jonathon Aslay: I went from living in a house where for the most part my ex cooked the meals, we sat down to the dinner table as a family so I just kind of got used to that and then when I got divorced I had to basically not cook for myself per se because I knew how to cook for myself but if you came to my apartment the refrigerator was empty, it was mostly just take out food in there. What I love about women is you all have full refrigerators.

Jill: Yes we do.

Jonathon Aslay: In particular mother's all have full refrigerators. I love that. So what would happen is in the beginning when I was at my sweetheart's house she cooked. Now we're kind of in a full blown relationship and she did all the cooking.

Let me tell you what I was having trouble with. She liked things her own way so I just never really offered to cook too much because I just didn't want to do something she didn't like because I don't profess to be good at cooking. Then it kind of irritated her for awhile because she started moving into the role of caretaker and she so didn't want to do that.

I had to just step up; now I've been in relationship long enough and I go now I know what she likes so at least make the things she likes and you can't go wrong. Even if she wanted something different at least I didn't feel like I could go wrong making what she liked.

My point is that I recognized that I had to contribute because I didn't want to move into a role of her treating me like a caretaker and me also kind of taking it for granted. It took a bit of consciousness on my part to say ok I have to contribute. Mind you when we went out to dinners I was always paying and those types of things but it's important to have balance even in those home activities and not just in the outside activities. \

Does that make sense?

Jill: Yeah it does and I will give him credit, we shared a lot of that. I guess it's just a little bit more of a red flag for me. It was no red flag before. I always thought if a man was like I miss being married and I'd like that kind of stability and commitment again that all sounds good to me but yes it can go into that kind of I miss being taken care of thing. I just was not aware of that. This was the first, well I won't say first divorced man I dated but the first really long-term relationship with a divorced man. So I guess I'm still trying to sort that out a little bit and just make sure that it stays in healthy boundaries and shared responsibilities.

Jonathon Aslay: That's key – shared responsibilities. Because if there becomes an expectation that you do household chores or cooking or that sort of thing and there's an aspect of it even where a man takes it for granted a little bit. Remember those men that get divorced, get married



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again, get divorced, get married again is because they oftentimes are fearful of being on their own and they are almost dependent on a caretaker.

Just like what my girlfriend did she put a kabosh on it. She said I'm not going to do this. By the way I'm only sharing with you why it was happening was because I just didn't want to make something she didn't like. It wasn't that I didn't want to contribute. What we did was we had a conversation about it and we never needed to talk about it again because from that point on; she still does more of the cooking but I absolutely contribute a total fair share.

Jill: Yeah.

Jonathon Aslay: Let me give you an example where I do other activities. I might feed the dogs or I go water the lawn or something else where it may not be just a chore it might be just sharing chores and responsibilities.

Jill: Ok.

Jonathon Aslay: You don't want to be the person doing it all.

Jill: No and I could definitely see that that had some possibilities and I did not want to go down that road. I appreciate that. I guess all these things come back to communication and just talking about it and working out something fair.

Jonathon Aslay: When I wrap up the call I'll answer one question I think is hugely important and it's going to end with the timeline is what's important. I'll be bringing that up. Thank you Jill. I appreciate that.

Jill: You're welcome.

Nina: That's me Jonathon, it's Nina.

Jonathon Aslay: Hi Nina. How's it going?

Nina: Pretty good. You were talking about the children and I have dated two men whose children are in their 30's and these guys still treat them as if they were 10 years old. They're calling their kids every night and they're basically hounding the kids. It's really interesting because in both cases I met the kids and the kids were like oh we're so glad dad has someone in his life and he can like let us go and be independent. Both of these guys just didn't understand that their kids needed independence and that by him having me in his life the kids were seeing that as yeah but the guys just didn't get it.



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I know that when I spit up with each one the kids called me, wrote me and said you don't know what a disaster this is and I'm like yeah I get it.

Even when they are in their 30s how do you know when a guy is just never going to let go of that?

Jonathon Aslay: That's a unique question because that doesn't come up too often. Now just so I have clarity – the boys weren't dependent upon the father the father was dependent upon them is that right?

Nina: Correct.

Jonathon Aslay: Ok. Obviously he wasn't dating that much because if he's like most men they seek female companionship. Either these men are struggling with getting dates and really what it is is they're thirsty for companionship and the people that are the closest to them are their children. I don't necessarily fault that to some degree and let me just share with you why.

I think one of the challenges we've had here in the United States is the breakdown in family and I'm a huge proponent of keeping the family as close as you can because that's hugely important for just feeling continuity in your life. But if he depends upon his children, that again is probably a demonstration of a dependent personality type and it's going to pop up fairly quickly depending on how active he is with his children or other caretakers in his life. That's not to suggest he isn't a good candidate, you just have to be aware that that's going to be part of the package as well. It sounds like it overwhelmed you in this relationship. Is that right?

Nina: Yeah. And in both relationships they ended up being dependent.

Jonathon Aslay: Well be grateful that you're not with them because it would have been you.

Nina: Right. That was a very good call.

Jonathon Aslay: Well thank you. Do you have any other questions real quick or did that answer that? I don't know if I gave you a really great answer. That's a tough one. My only thing is you don't want a man who's got a dependent personality if you're not a dependent personality.

Jill: Correct. That's what it was.

Jonathon Aslay: Thank you Nina I appreciate it.

Nina: Thank you Jonathon.

Yvonne: Hi Jonathon it's Yvonne.



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Jonathon Aslay: Hey Yvonne how's it going?

Yvonne: Great thank you. My question is around his readiness and personal development. He is a fellow that is very interested in personal development and he's been working with an individual counselor on and off for the last 10 years. He actually initiated marriage counseling and she didn't want to partake in that so the breakdown was that he wants to grow and she wasn't interested. So he initiated his divorce.

How does that make him ready or not after his divorce is finalized?

Jonathon Aslay: Well gosh you just said something key because he's done personal growth work, personal development and he sought the same from his spouse but his spouse didn't. Is that right?

Yvonne: Right. Yes.

Jonathon Aslay: Ok so obviously something beyond surface level relationship or ego based relationship was important to him.

Let me just say this: the relationship readiness is about seeking partnership and in partnership it goes beyond the surface level of dating. What I mean by the surface level of dating – the initial stages of dating is often driven by our chemistry. It's whether or not there's physical attraction to one another and can we mate a physical level?

Here's the challenge: we men can have sex and easily never see you again and we're not bothered by it whereas with women it's oftentimes more of a bigger issue because you've bonded because of oxytocin.

That's the first initial period of dating – the first few weeks oftentimes is when intimacy occurs. When you get through the first three months there's kind of a probationary period. It's the time to get to know one another. Let me just share this that the timeline is different for men going through divorce because more than likely we are talking about men in their 40's versus in their 20's.

In the dating process the first three months of a relationship is kind of the probationary period (I'm calling it) and depending on what happens; if a man takes off like a rocket usually within six weeks and I mean like a rocket energetically wise and there's a lot of chemistry that chemistry fizzles out and in the next six weeks the relationship may end because the chemistry isn't sustaining it.



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Let's say the relationship has gotten past the three month period of time and you move into the next three months men oftentimes begin to nest at this point. There's a consistency in the relationship, there's shared activities, there's continuity – all the things I've talked about in the workbook I sent you – and at that point, after about six months once a man nests he rarely is ever going to go anywhere. In fact studies now show that men are settling down far more than women these days. It usually takes about a six month to a 12 month period of time when the man starts shifting to a nesting.

My whole point is about partnership. Partnership is about shared activity, it's about shared; remember I was talking a moment ago about chores? It's about being inquisitive in your partner's life and sharing in the growth of your partner.

In the case you're talking about Yvonne, his partner didn't want to grow with him but a man who is seeking growth with a woman is definitely partnership material.

Yvonne: Right.

Jonathon Aslay: I hear a but, is there something there?

Yvonne: No. That's what I feel about him. He's a really fun well-rounded guy but he's definitely interested in partnership. He wanted to go somewhere with marriage and she wasn't interested which is unusual because usually it's the woman that's really pushing the personal development.

Jonathon Aslay: I would agree with that as a generalization although that's definitely shifting.

Yvonne: It is shifting.

Jonathon Aslay: Here's the other dynamic that's going on: there's so many shifts occurring within the male/female dynamic because the old ways, the patriarchal ways, the ways where the men were the rulers for thousands of years has shifted since the 60's here in the United States. That's partly because women now can earn their own living and they're not dependent upon men for survival which requires money. We basically need money to survive because in the past we just needed basic Maslow's hierarchy of needs which was food, water and shelter. Now that's all procured through money. Food, water and shelter is procured through money.

When you can financially take care of yourself you are not dependent upon a man. What's happened for women is now you can make choices instead of the choice being made for you. But in that right now the workforce in the United States is there are more women working than men. I don't want to get into the equality of the financial aspect of who earns more and what not but right now there are less jobs for men out there so men are now in the role of caretaker in some



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cases especially for the women that are making a substantial amount of money that men are actually shifting the role more to the caretaker than the other way around.

So there's so many different shifts going on and that includes personal development. Women want to know the why more than men but that is shifting.

Yvonne: So in this situation Jonathon does this fellow need a cooling off period after the ink is dry?

Jonathon Aslay: Oh, is he still in divorce?

Yvonne: He's finalizing it. It's happening in the next few months.

Jonathon: Ok. How long he's been since he moved out of the house?

Yvonne: They've been apart for a year.

Jonathon: My rule of thumb is wait 18-24 months but if you guys are in a serious heavy relationship; it sounds to me like if he's done personal growth work and when I say personal growth he's really looked at what's caused his marriage to end and he's looking for partnership.

Do his actions match his words in relationship with you?

Yvonne: Yes.

Jonathon Aslay: Ok. Then he's a man of character and you've got to at least explore that ride for as long as it goes. If he ends up not being ready; I mean I don't think you're going to end it today just because I said he's not ready but at least you're conscious that and I guess the question is going to be what's he looking for going forward? What does he want? And what do you want? What do you want is most important too.

Yvonne: Right.

Jonathon Aslay: Never shortchange your desires for what they want!

Yvonne: Definitely I've learned that.

Jonathon Aslay: Well thank you so much.

Yvonne: Thank you.

Jonathon Aslay: I've got a question that was written to me that I'd like to share.



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In my last two year relationship with a divorced man I felt like his ex-wife was still immersed in each other's lives. Sure they needed to talk about the children and big co-parenting but they seemed to be on the phone or emailing daily with each other – health insurance, something that needed to be fixed in the house – and when I questioned him he said she was scatter brained and needed his help.

He didn't seem like he was still in love with her in fact he denied it when I asked. When I talk to my male friends who were divorced they say that they are in touch with their exes in terms of co-parenting but that's it. They get involved in each other's lives in other ways. I've never been with a married man but I think its boundary issues. I'm very independent but he still feels like he's a hero rescuing his ex-wife and it made me uncomfortable.

Your thoughts?

I love this question. The thing is, depending on the dynamics of the relationship and I think in the capacity when you fall in love with somebody and the relationship doesn't work; I'm going to bring up love here for a moment because it seems to me there's a codependency there. But I think when we care about someone and for whatever reason the relationship ends it's difficult to carve that person out of your life especially when they have spent a substantial part in your life.

It's difficult to be in relationship in a capacity where someone is still holding out on an old relationship which is possible in this capacity or enables the other party like this person does. What he's really doing is enabling her from moving on. And by doing so he's not helping her and he's certainly putting a wedge in the relationship he's about to form with someone new.

In this particular case if that's what was going on I would definitely depending on how long the relationship had been going want to seek some couples counseling that he can resolve this past issue of enabling his ex in this capacity and to see if it'd make sense to even move forward in relationship with this new person. If he's not ready to move forward that's not the relationship you want to be in. If he was going back to his parents to help out that is just a natural thing to do but if it's with your ex-wife how is that person going to move on if you're always coming back to rescue her and I don't think that's a healthy relationship to be in.

My advice would be to seek counseling in that capacity.

I'm going to be wrapping up the call in a second. I said to the previous caller my whole point about relationship ready is the timeline. This is true of almost all relationships but certainly for divorced men. As I said before divorced men seek relationships with more patience because they've already been there before and they know how important it is any decision going forward.



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If someone has a personality trait that just jumps from one relationship to the next and I'm talking about marriage they're destined to have the short-term failed relationships. I think once a man has gone through his hero's journey which we've talked about on the first audio and he's gone through the personal growth work internally to really recognize why the relationship ended and taking responsibility.

I started the call with an awareness of what happens and what can I learn from it? The minute those questions get answered and you start reflecting on a future relationship with a clarity of what you want in the form of partnership and if a man's actions match his words and the way he shows up I think will be evident because he takes it slowly and he's not rushing into a relationship or rushing into any significant commitment right away. The divorced man who is ready will take more time and usually about the six month mark is when he begins to nest in the relationship, there's consistency going on, there's consistency in the relationship.

And chances are while the divorced man may not pop the question certainly this particular divorced man or the divorced men will look for long-term relationship once they've reached that point of nesting. It's that place where there's companionship, attention, affection, it's consistent and there's continuity growing and rarely will that man leave.

When that time shifts where it's kind of like you both feel like it's the right thing to do you're both going to want to talk about it and I'm talking about marriage and at that point it becomes a shared mutual event and it's not necessarily a rushing into it. The reason why second marriages fail so often is because they rush into it. A man who's really relationship ready takes his time and he's patient.

I want to thank you all for being on this call series. I truly enjoy talking about dating the divorced man. Thank you again for being on the Dating Divorced Men Workshop.