

The Hidden Love Signs

The 6 Signs That he Still Loves you



Course Book

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The Hidden Love Signs

6 Signs He Still Loves You

Wouldn't it be nice to know, without a doubt, that the man in your life loves you? That he only has eyes for you and he sees himself being by your side for the rest of his life?

What wouldn't you give to feel that certainty that his feelings for you are true?

What if I told you that there are a couple of very clear signs you can spot that point out a man's love for you?

Maybe you already know that your man loves you but you can't help but have some doubts now and then. Perhaps he's not very expressive. You can never really tell what he's thinking or feeling.

You know he cares about you but does he really love you? Does he see a future with you? Or is he just waiting for something better to come along?

You want to know where this relationship is going. Does he see you moving in together and getting down on one knee to propose at some point? Are you the one and only woman he wants to be with for the rest of his life?

If you ask him anything about his feelings, he simply says to you that yes, of course he cares about you (and maybe even loves you). And yet, that still doesn't feel like enough.

Do you ever feel that bolt of fear in your stomach that you may lose him? Even if your relationship is rock solid, you can't shake those pesky thoughts of him slipping away.

You tell yourself that you're being irrational but nothing seems to ease your anxiety.

Well, I've got some good news for you. If you've ever felt this way over a man and you're looking for reassurance, there are actually a couple of things you can easily spot to set your mind at ease.

I've put together a small list for you to show that even the least expressive man still has ways of showing his love for you that are crystal clear when you know what to look for.

Instead of playing detective and trying to crack open his emotional shell, you can simply look at these six things to see if your man is showing you the love you want from him.

You see, men and women have different perspectives on what it means to show love for each other. While the essence is the same, the method by which it's conveyed is not always the same.

This is where couples get off track. When one person believes they are clearly showing their love and the other person is not picking up on it at all.

It's kind of like tuning a radio station. Your man may be broadcasting on AM waves while you're searching for FM waves. You simply have to tune in to the waves he's sending you.

The main difference between men and women showing love is that men are more physical while women are more verbal.

Remember that game kids play in preschool and kindergarten? Show and Tell?

Men prefer showing while women prefer telling. The result is the same but different methods are used to get there.

If you're looking for a man to tell you he loves you, you're most likely missing out on all the ways in which he is actually showing his love for you every day.

I'm here to help you "tune in" to your man's physical expressions of love so that you can see just how much he truly cares about you and you can feel secure in your relationship.

He Remembers Things

When a man remembers something about you, it's an obvious sign that he's paying attention.

A lot of women assume that men simply don't listen. For instance, you could go and get six inches of hair chopped off and he doesn't even notice, right?

He might not notice every change to your appearance but when you speak, he listens up and that's what really counts. A sure sign that he listens is noticing when he remembers something you said.

If a man likes (or loves) you, he will latch on to certain things you say even if you only say them once.

That's why, if you mention even one time that you can't get enough of a certain kind of peanut butter candy, he will find

a way to pick up that peanut butter candy every chance he gets.

He hears what you're saying and his brain logs it away almost exactly as he heard it.

You might say, "I loved this peanut butter candy I used to get on family trips to Maine". You may only eat it once a year on your trip but he hears that you like it and that's all his brain picks up.

You + peanut butter candy = happy. He might not remember to pick up ground beef for dinner on the way home but that's because ground beef doesn't make you happy the same way peanut butter candy does.

When a guy likes you, he pays attention to what turns you on, puts a smile on your face, makes you laugh, or otherwise makes you feel good and happy.

Sometimes it's the little things he remembers and other times it's something truly significant. If you're allergic to shellfish, he will make sure he always remembers that.

A man who could care less about impressing you or who simply isn't in to the relationship might take you out to dinner at a place that serves mostly seafood.

He just doesn't care that much. You could tell him 100x that you're allergic to shellfish but he's not listening because he doesn't like you all that much.

I know that may sound harsh but it's not meant to put you down or make you feel bad. I'm not suggesting that you're not doing enough to get him to like you.

I'm simply setting an example in order to illustrate the difference between a man actually paying attention to what you say versus a guy who is not all that invested in you and the relationship.

If you're still not sure about your man, watch for the things he does without you having to ask. You may say you prefer sleeping on a cool pillow so he flips it over for you before bed. It's the little things like this that show he's listening to and loving you.

In his mind, he thinks he's doing well by paying attention and putting that knowledge into action. It only works though if you're picking up on it.

Once you start paying attention, you will soon see all the ways your man is showing his love for you by listening.

He Changes Subtly

Even the most stoic, stone-faced man can't help but change a little when he's spending time with a woman he loves.

This one is harder to spot because it's usually his friends, family, and coworkers who take notice of this more than you do.

When you're first getting to know a man, you don't know his history, what he's really like, or how he is with his friends and other people.

All you see is what he shows you, which is usually his best side so that he can impress you and win your approval.

Everyone else gets to see the real changes behind the scenes when he falls more in love with you and he can't help but subtly change.

You may notice a couple of these small changes on your own or, more likely, you will hear from his friends what a difference you've made in his life.

A man doesn't have to be depressed and moping around in order for a woman to bring light to his life and see these changes. He may already be blessed and happy with what he's got.

You simply bring a bit more spark and life to everything. His smile is a little wider and goofier while his eyes light up when he sees you or even speaks about you to other people.

Overall he just seems happier. He's got pep in his step, so to speak. When he's around you, he is upbeat and friendly as if nothing can sour his mood or bring him down.

He can't help but smile and laugh when he's spending time with you.

I'll let you in on a little secret here, men aren't very good at faking this kind of thing. One way to tell if someone is smiling with intention and sincerity is if their eyes crinkle up a little and match their smile.

When someone is faking a smile or pretending to be nice, their smile doesn't reach their eyes. It's a very, very subtle physiological tic that we all have.

Now, I don't want you to run off and stare hard at his face every time he smiles at you. This isn't a crash course in lie-detection.

I simply want to throw that out there as one little thing you might notice the next time you're with him. If his eyes don't light up and crinkle with every laugh, don't automatically assume he's a lying psychopath.

It's just a neat little trick to try when you speak to anyone who smiles to get a better feeling of their sincerity.

The most concrete evidence you will most likely get regarding his mood changes are from the people closest to him.

You might be at a party with his friends and his buddies say how much better he seems with you in his life. He seems happier, livelier, more engaged.

They see you as a good thing that happened to him and that's the best kind of news!

That means that not only is he falling in love with you, but you're winning his friends over too and that's another important point I will hit on momentarily.

He Changes Drastically

While you may miss out on the more subtle changes in your man's personality as your relationship grows, it's hard to overlook the bigger transformations he makes.

Without you saying anything, a man who loves you deeply will begin to make some changes to ensure that he never loses you.

Instead of you worrying about losing him, the tables are actually turned and he's doing what he can to hold on to you.

There's nothing you can say or do that is going to push a man to take an action he doesn't want to do. Let's say for instance it drives you crazy how he never watches his finances.

You can't stand to watch him whip out his debit or credit card and not even have a checkbook to balance his accounts. He has zero accountability and doesn't seem to care.

No amount of prodding or nagging is going to get him to change.

However, months (or years) down the line, you might note that all of a sudden he's paying more attention to his spending. He's balancing a checkbook, keeping an eye on his credit, and taking financial responsibility.

Was this the result of your insistence and strong suggestions that he "grow up" a little? Not exactly but it's still on the right track.

When you notice a man making changes like this, it means he's straightening up and getting his life together because he doesn't want to lose you.

He gets to a point where he's afraid that he's not doing enough to live up to a certain standard. If he fails, another man could come along and sweep you off your feet.

Your man wants to be the best man he can be because he wants a future with you. He is inspired by you to do the best he can, to be his best self, and above all make you proud to be with him.

Just as you want to be loved and know that you are a queen to him, he wants to be seen as a king in your eyes. He can't do that if he's still acting like a man-child.

Cleaning up his act and getting his life together is a major step forward for him and it speaks volumes of how he feels about being with you.

In order for a man to see a future with you, not only does he have to be happy in the relationship, he has to know that he is winning as well.

He “wins” by winning your heart over and over again. Men have different ways of accomplishing this.

Making you laugh, buying you presents, treating you nicely, taking you out, telling you how much they care for you, physically showing you love, etc.

These are all ways a man works to continue earning your affection and love. If he slacks off, you may walk away and find someone better.

If he’s making these big changes, it’s because he’s getting more serious and looking at the future with you. He’s preparing to be the best man for you and a great provider.

And this isn’t just about finances. I only used that example as one scenario in which he cleans up his act.

He could just as easily “grow up” by keeping his apartment clean, paying bills on time, updating his wardrobe and caring about his appearance.

Your man might even do some personal self-improvement type things. Most men don’t really go to yoga class and meditation retreats to better themselves but they might pick up a book.

You might find something new on his nightstand that he's been reading and hopes will improve his life. He'll start taking better care of himself and putting more effort into his career or his other passions.

The thing to remember though is that he does this all on his own. You can't poke or prod him into these actions.

How much sweeter is it to know that he's doing this out of love for you instead of as a last resort to get you to stop nagging at him?

I know a few women who nag their men into submission and believe that they somehow "won", only to be dumped a couple of months later.

It's the women who step back and let things run their natural course who end up with the most committed men. They give their men space to fall in love and take action on their own.

When you see your man doing the same, you will know how deep his love for you goes.

You're His #1 Priority

This is one of the more obvious signs that the man you're with is dedicated to you.

No matter what is going on in a man's life, if he wants to see a woman, nothing will stand in his way.

Of course, he has to take care of his obligations (job, taking care of his living space, etc.), but he will find a way to fit you into his life no matter how hectic it is.

When a man wants to spend time with you, he will make the time if he has to. Early on in the relationship he's likely to make a huge effort because he wants to win you over.

He's going to do all he can to take you out and be chosen by you over any other guy.

Once you have settled into a relationship, people have a tendency to slack off. You get comfortable. You may take a few things for granted. It happens.

However, you will still know that you are the #1 priority in a man's life because he makes time for you.

Even in his busiest week, he will be making an effort to carve out some time to spend with you.

You have to understand that men don't bond over emails, text messages, or anything that isn't considered one-on-one face time. Men need to be in the present moment in the same space as you to feel as though they are connecting.

If all you do is shoot texts back and forth to each other, it's not the same and it doesn't have that depth of intimacy that you're looking for. Spending quality time together, how little it may be, counts for something.

When you're in doubt in your relationship, look at the times that your man is making an effort to spend even 20 minutes with you.

The important thing to pay attention to is the effort he's putting in.

You can generally tell when you're not the top priority in his life. He's always putting work first, he can't put his phone down, he tells you "just one second", or he's making plans with other people and you get the leftover scraps of time.

Have you ever gotten the feeling that someone in your life is putting you on the bottom of their priority list? Maybe it's a

friend, a family member, or you've even felt this way with an ex or a guy you're currently seeing.

You just get the sense that you're not very important to them. You know that you put the effort in to spending time with them but it seems as though you're not getting much (or anything) back. They're simply not making any effort to meet you halfway.

A man who truly loves you will make the effort, even if it doesn't always work out. The key is that he's trying and he can only hope that you recognize that.

Another way to see that a man is putting you first is his consideration for you. For example, if you live far apart, does he make you drive all the way to see him most of the time? Or is he willing to go the distance at least 50% of the time if not more?

When he thinks of your comfort and convenience and puts you first, you know that he's truly thinking of you. Many would call this common chivalry but it's about more than that.

Take notice of the little things he does, like asking your preference on something before taking action even if it doesn't make a huge difference.

One thing I make an effort to do is let the woman order first on dates. I'm always surprised when I hear someone say "How nice of you to let me go first". I just assume it's a given.

However, they've told me stories of other dates they've been on where the man plows ahead and barks out an order to the waiter without thinking of them.

This may not be a make-or-break scenario that proves the guy is a jerk, but little things like that add up.

Do you notice more negative, rude behavior from him? Or does he tend to put others (and you) before himself?

His Word Is His Bond

Following up on that last sign, a man who follows through on his word is a keeper.

To the vast majority of men, their word is their bond. They mean what they say and they say what they mean. They don't take time to beat around the bush, play games, or lead people on (men and women alike).

I think both men and women will agree that a guy who follows through on what he says he will do qualifies as a "standup guy".

He's the one his friends call first when they're in trouble. No one worries that he's going to back out of plans at the last minute. Any woman who dates him knows that he's trustworthy and dependable.

That's the type of man you can feel secure with. Does your man fall into that category?

How many times has he left you hanging? Does he cancel plans at the last minute with an insincere apology? Do you feel like you can call on him in a time of need?

If you answered negatively to those questions, you might not be a very high priority in his life. That doesn't make him a bad guy. It just means that he's not madly in love with you either.

The bottom line is that a man's word is only as good as his actions. If he can't follow through on simple plans, what more is he going to drop the ball on in the future?

In order to feel secure in your relationship, you have to feel secure with your man. It's along the same lines as him making changes and straightening up.

Perhaps he was a little slack in the beginning of the relationship or right afterwards. He got comfortable and lazy.

However, that shouldn't carry on throughout the relationship. A man who is serious about being with you and continually proving his worth is going to back up his word with his actions.

Remember I said earlier how women show their love through words and men through their actions? The truth is that men show everything through their actions.

A man who says one thing and does another is a big red flag whether you're dating him or simply call him a close friend.

An inability to follow through on his own words spells trouble with a capital T down the line.

Again, it's about making you a priority and proving to you over and over again that he is the best man for you in the hope that you continue choosing him.

He Plans The Future

Going back to my earlier point about winning over his friends, a major show of his love for you is when he starts involving you more in his life.

He's bringing you around his friends, his family, maybe even to work functions as a plus one. He invites you to events and makes an effort to introduce you to everyone he knows.

In essence, he wants you to be a larger part of his life. He's attempting to integrate you and make you a priority.

By bringing you around and introducing you to people, he is essentially saying, "She's here to stay". His friends know that he's serious the more he brings you around.

Men who aren't serious about a relationship won't bother making a woman a part of their life, asking her opinions on decisions, or otherwise do anything involving the future.

They don't bring a casual date or fling around their friends or make a concerted effort to introduce her to people she's essentially never going to see again.

When you get to meet the other people in his life, you can rest assured that he's taking some significant steps in the relationship.

While he won't necessarily think about it in terms of "taking the next step", he simply feels that it's the right move to make. He is trying to ensure that he's still winning you over and you're sticking around.

If you have been doubting your man's feelings about you lately but you notice he's been making an effort to include you in things, it's a clear sign that he trusts you.

He has faith that you will get along with his friends and that it's worth the effort of introducing you and including you in plans and get-togethers.

In addition to "bringing you into the fold" so to speak, he's also making plans with you one-on-one for the future.

Whether it's a

weekend trip to check out something in the next town over or an actual vacation, he's looking ahead to spending time with you.

When a man is head over heels for someone, he starts to picture the future with her. He doesn't do that until he's serious about a woman, though.

On the other hand, women tend to look at the future much earlier in a relationship (or even on the first date before a relationship has time to develop).

You may know how this feels yourself. You have a great date and you can't help but picture the next date, going on trips together, introducing him to your friends and family, etc.

And this is all after just one date!

You see, men aren't on the same page with planning the future until they're really serious about a woman. They don't envision what the relationship is going to look like that far down the road.

It's not until he knows that he wants to be with you long-term that he begins thinking about the future and talking about making plans.

This could be anything from taking initiative in planning a trip or as simple as asking your opinion on something. For example, he might ask for your input on a major decision he's about to make.

He's not asking you just for the hell of it. He values your opinion and he wants your input because he respects you and can see you adding more to his life than a casual date.

Any of these actions on his part are clear signs that he loves you and you have a place deep in his heart.

As I said earlier, this guide isn't meant to be a detective manual for you to use and go digging for clues.

I simply wanted to point out some of the ways your man may already be showing his love and feelings for you. Love is not always black and white and every man is a little different.

A lot of times the anxiety and stress you feel in a relationship is due to a simple miscommunication. If you're not tuned in to his love radio waves, you're not going to pick up the signals he's sending you.

You may be searching for a different kind of sign when everything you need is already right in front of you.

Adjust your antennae and you will clearly see all the ways your man is broadcasting his love.