

The Girls' Guide to Understanding Guys

Myth: Guys need to feel loved.

Reality: Guys desperately need respect.

Explanation:

- God made men as natural leaders. Leaders need respect more than love. (Genesis)
- Guys like to feel loved, but they get upset when they feel disrespected.
- Ephesians 5:33.

Examples:

- Upset when I am interrupted because my opinion doesn't matter. Disrespected.
- Walk to Remember.
 - Disrespect because he did something immature
 - Respect because he was selfless.
- Reason why guys workout: gain respect

What a girl can do:

- Assume the best to show unconditional respect.
- Respect him and he'll do anything for you.
- Pay him a compliment, and it will do wonders for his self-esteem.

Myth: Guys are confident.

Reality: Guys are insecure.

Explanation:

- Guys have a confident exterior, but on the inside, they are scared of being found out for who they think they really are.
- Question: why do guys do daredevil things?
 - 1. Guys like to do things that are fun and challenging
 - 2. Out of insecurity. Prove themselves to other people. Can't show people that you're scared.
- Guys are afraid of being exposed as an impostor, fake, or fraud.
- Teenage guys tend to be more cocky than older guys and think that they can do anything and everything. As men get older and reality sets in, they realize that they can't do anything and everything and they become even more insecure.
- When guys are in a situation where they might be insecure, they usually divert attention or resort to humor. (Question in class example.)

Examples:

- Dancing—middle school and college (guys dance funny to divert attention from lack of skill)
- 4-wheeler this past weekend.

What a girl can do:

- Affirm guys, especially in front of others.
- SpiderMan: go get 'em tiger!
- If a guy knows that people—especially females—are in his corner, he will feel like he can conquer the world.

Myth: Guys are tough.

Reality: Guys are tender and don't like being hurt.

Explanation:

- Guys act tough because society says we have to be.
- Guys act tough to see how they measure up to other guys.
- Guys act tough to prove that they aren't weak.
- Guys act tough to avoid getting hurt.
 - Guys have a hard time trusting girls because they see girls being so mean to each other
 - Guys like girls, but they don't always trust girls.
 - "Mean Girls" movie.

Examples:

- Jump off cliffs, do stunts, act like a broken arm doesn't hurt to prove that they are a man.
- Guys avoid girls so that they won't treat them like they treat their girlfriends.

What a girl can do:

- Allow a guy to do 'manly' things, and encourage him in it.
- Be a girl that a guy can trust.

Myth: Guys are visual.

Reality: Guys are extremely visual—more so than you can possibly understand.

Explanation:

- Guys are wired to see things. They notice more than you think they do.
- Guys can't always choose to look or to not look.
 - Guys don't have a pop-up blocker.
 - Most often, guys look and then jerk their head away.
 - Even if they do look away, they are constantly aware of what they are not looking at.
- Guys have an extensive database of images that they can recall—when they want to and even when they don't.

Examples:

- None are needed. If I give examples, images are going to be popping up in guy's minds. I'm serious.

What a girl can do:

- Guys can and should resist temptation, but they also need your help.
- Be modest—but don't give up being "cute."
- Dress to build a guy up, not tear him down.
- Don't buy into what the media is telling you. You don't have to dress skanky to get a guy to notice you. You just need to be yourself.