

He's Not Hearing You? THIS Is Why.

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=RW56DJLD3ES](https://www.youtube.com/watch?v=rW56DJld3es)
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SUMMARY

Many women express feelings of disconnection in their relationships, which men often struggle to understand, believing that living together and sharing responsibilities equates to connection. However, true emotional connection involves deeper engagement, such as eye contact, active listening, and physical affection. The underlying issue often stems from a lack of communication skills and emotional vocabulary, leading to unmet needs and resentment.

- *Women often seek emotional connection beyond physical presence.*
- *Men may not recognize the need for deeper emotional engagement.*
- *True connection involves eye contact, active listening, and physical affection.*
- *Many individuals lack the tools to express their emotional needs.*
- *Unmet emotional needs can lead to resentment and miscommunication.*
- *The problem lies in the dynamics of the relationship rather than individual shortcomings.*
- *Effective communication is essential to bridge the emotional gap.*

A lot of women say something like, "We're not connected. You don't connect to me enough." And I think for many men, they hear that and they're just like, "I don't know what you mean. What does connection even mean? We live in the same house. We have the same bank account. We have children together. We are married. We sleep in the same bed. We have sex." What does not connected mean? We are connected. We're very connected. Here you go. Like look at the life that we live. And that woman is actually meaning, I want eye contact. I want you to ask about my inner world and listen actively. I want you to hold me and touch me and uh make me feel cherished and loved. I want you to bond with me. Right? So, here's a truth that might sting a little bit. You were never taught to ask for what you need. Okay?

No one gave you the language, the modeling, the tools, right? So instead, maybe you wait, you hope, you suffer, you manipulate, you build resentment inside of you. You build all these stories of like, why is he not more sensitive? Why is he not more caring? Why does he not show me respect? Why isn't he loving me? And then you label him as emotionally unavailable when really the whole system between you is broken. It's not a you problem. It's not a him problem. It's what's happening in the space between you, the translation, right? There's something that's lost in translation.