

10 STEPS TO BE AN EMOTIONALLY AVAILABLE MAN

1. Tune in and identify your emotions



2. Be there for your partner consistently



3. Care and respect what your partner shares



4. Tune in to your partner's feelings



5. Challenge any negative thoughts about your partner



6. Stop being so distracted



7. Have really good listening skills



8. Accept vulnerability in you and your partner



9. Express feelings and not sort it all out alone



10. Be responsible and talk about your moods



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