


Steps To Make A Man Open Up To You Emotionally



1

BUILD TRUST


Establish trust by being reliable and keeping confidences.



2

ACTIVE LISTENING

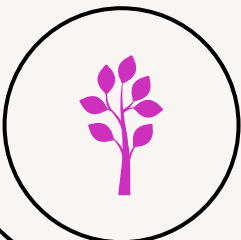
Show genuine interest and be an active listener by giving your full attention.



3

NON-JUDGMENTAL ATTITUDE


Create a safe, non-judgmental space for him to express himself without criticism.



4

OPEN UP FIRST

Lead by example and share your own feelings and emotions.



5

RESPECT BOUNDARIES

Honor his comfort level and respect his boundaries.

