

Living Vulnerably

The Rules Revisited | 28 December, 2012 | by Andrew

I read the blog [POSTMASCULINE](#) regularly. The author is a guy who spent years [wading through the bullshit world of pick-up tactics](#), only to finally break through all of that into a place of confidence and authentic success with women. His blog seeks to help other men do the same.



Recently, he made a hugely insightful post about practicing authenticity (or as he calls it, being vulnerable) with the opposite sex. In it, he gives four example dialogues that perfectly illustrate male-female interactions between different combinations of men and women who are either confident and secure (vulnerable) or else insecure: closed and defensive, seeking affirmation from (rather than connection with) the opposite sex.

I've spoken before about [being open](#) in the presence of men. His post gives concrete examples of women (and men) being both open and closed.

Although the post is written for men, the concepts are just as applicable to women. I highly recommend reading this post, especially if you are over the age of 25 (younger women will still get something from it, but less perhaps than those with more life and dating experience).

Here is the link: <http://postmasculine.com/vulnerability-and-manipulative-women>

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