

He's Just Not That Into You, Part two

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Last time, I introduced a new book, He's Just Not That into You. I mentioned that I had just started reading the book and would hold off on a recommendation. Well, I have finished the book, and I really liked it.

Yes, He's Just Not That into You does have some language issues and talks too much about premarital sex; but, overall, it contains some straight talk about relationships.

Most of the book contains real or fictitious letters asking the authors to interpret the behavior of a guy. You know the scenario, "we met, had great time, haven't heard from him, what should I do?" Or better yet, "we met and had a great time, but he's really tied up with a lot of stuff, what does that mean?"

The author's responses are fairly consistent and characteristic; sort of "wake up and smell the coffee." Most of the time their interpretation is, look, he's just not that into you.

Some of the wisdom is simple and straightforward, for example:

"Men know how to use the phone."

"Cheaters are bad."

"Bad boys are actually bad."

"It doesn't count unless he says it when he's sober." (duh!)

Some statements were quite profound:

"Fear of intimacy is an urban myth."

"If you don't know where the relationship is going, it's okay to pull over and ask."

"People (men) tell you who they are all the time."

The bottom line message of this book is for women to stop waiting by the phone or being used by a man who does not want a relationship.

While a man may find a million ways to "not" tell you that he just in not into you; most men will be fairly clear if they really are.

In the end, the authors of He's Just Not That into You urge the reader to reset her/his standards. This is good advice. You must know your core values and what you will or will not tolerate. Your core values are the things that make you

who you are-the non-negotiables, like your faith or things you are truly passionate about.

Tolerations are much like boundaries-you need to know your limits, and most importantly, know how to communicate them.

So, what's the point?

The goal of dating is not to find the "right" person but to be the right person and find the right relationship. Finding "the right" relationship will be easier if:

- I you are growing emotionally and spiritually
- I you are complete about former relationships
- I you know and can articulate your core values
- I you have developed healthy boundaries
- I you have addressed any personal wounds
- I you believe sex and your body are sacred
- I you have good friends that provide support and accountability
- I you are taking great care of yourself.

You and I are built for relationships. Having healthy relationships is no accident. Take great care of yourself; tell your truth, know your core values, live your passion and don't tolerate, for one second, a relationship that is toxic. Love and live well. **Jeff Parziale Ph.D., M.Div. is the Director of InStep Ministries.**