

Conversation topics guys ACTUALLY like to talk about.

You'd be amazed how painful it is for guys to sit through conversations with their girlfriends. The stuff women like to talk about can be very boring for them. Knowing which types of conversation topics are the most painfully boring to men will give you a distinct advantage in securing the attention and affection of any man you set your sights on.

Knowing which conversation topics are most exciting and interesting to men will give you the ability to positively shift his experience with you. Well socialized men know how to be polite and pay attention to topics they find boring. If you really want to stand out, learn how to shift conversations to topics he enjoys talking about. Then he won't have to exert mental discipline to pay attention and show interest. Instead, he will be pleasantly surprised by how easy he finds it to converse with you.

It's not your fault men find much of what women talk about to be boring. It's not his fault either. Men and women are simply different. The point of this guide is not to force women to adopt the interests that men have. Rather, the point of this guide is to empower you so that, if you choose, you can walk away from an interaction with a man knowing you left him with a positive emotional experience.

As I catalogue some of the most common and most problematic conversation topics women focus on, you may feel a bit defensive. That's because I'm going to describe those conversation topics from the perspective of men who do not enjoy those conversation topics. If you feel that defensiveness rising within you, I implore you not to shoot the messenger. If you'd like to know the secret thoughts of men when it comes to conversations with women, read on.

The Worst of the Worst

Knowing what to avoid is half the battle. I'll go into some specific examples, but first let me lay the groundwork so you can see the pattern behind men's aversion to certain kinds of topics.

Men don't like to talk about things they can't control. I know this must sound ridiculous to you as a woman, but it's true. We men are so egotistical and focused on our own power and dominance that we prefer not to spend a lot of time thinking about or talking about issues over which we have no control.

Men don't enjoy talking about emotions nearly as much as women. In fact, some men have difficulty discussing emotions because of something called alexithymia. Alexithymia is a term coined about 10 years ago by a psychologist reaching for a common term to describe the difficulty of some people (primarily men) who lack the appropriate vocabulary to describe their own emotions. While most men do not have true alexithymia, many men do have a smaller repertoire of terms and concepts they feel comfortable expressing when it comes to the emotional world of themselves or others.

Men don't like to spend much time dwelling on a topic that someone else understands better than they do. If you have some area of expertise that he does not share, he may feel uncomfortable discussing that topic even if he feigns interest. This is especially true if you're discussing a topic that is stereotypically feminine, like flower arrangements or recipes for food.

Men do not enjoy discussing the thoughts and emotions of people they do not know. Highest on his list of distasteful conversation topics is a discussion of problems between two people he doesn't know. This kind of conversation topic can actually make him squirmy. He may say something childish or inappropriate, surprising you with his sudden loss of compassion or charm as he tries to dismiss the issue with a poorly considered comment.

The following table shows common examples of conversation topics that annoy men and cause them to feel bored or trapped in conversations with their girlfriends or other women. In the second column I have listed the underlying reason (however irrational) that men dislike the conversation topic. In the third column is a brief description of the internal experience a man has when trying to participate politely in a discussion of the topic. Note that these are generalities that may not all apply to all men 100% of the time. Nonetheless, they are useful starting points that will be true far more often than they are false for any given man.

| Conversation Topic | Why it annoys him | What he feels |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| Your nephew's trouble finding a group of friends that will accept him. | He can't control this problem or influence its outcome. | Boredom Helplessness Possible irritation. |
| Your sadness about your sister's impending divorce | He feels out of place discussing complex mixed emotions. | Insecure Anxious |
| The best seating arrangement for your fellow employees at a work banquet you are in charge of. | He knows almost nothing about the situation. Most of his suggestions are likely to be countered by insights you have that he did not know about. | Frustrated Left out Insignificant |
| How your neighbor Sarah responded to your other neighbor Judy when Judy asked to borrow some folding chairs and the subsequent hostility between Sarah and Judy. | Men don't understand the point of gossip about people they do not know. He feels powerless and feels the conversation is useless. He doesn't know how to relate to this. | Bored (very bored) Powerless Annoyed |
| The great prices you got on a recent purchase of several antique chairs. | You know more about it than him. He has no frame of reference for the prices and what they mean. It's like hearing baseball scores when you don't know anything about baseball. It sounds meaningless. | He may smile and nod with congratulations on this topic, but he will be feeling Insecure and bored |

A quality man will grow more interested in these kinds of topics as his level of commitment to you increases and as he matures in his understanding of deep emotional communication through his relationship with you. However, you can lose a good quality man from the start if you insist on focusing on topics like these when you're first getting to know him or building the foundation of your relationship.

If you're in a committed relationship with a man and want to help him improve his willingness to explore the inner world of a woman, a helpful concept to share with him is

John Gottman's concept of a "Love Map." The love map Gottman describes is essentially a list of the kinds of things you should try to become interested in about your partner's inner world. For example, he should be interested to know the names of coworkers who annoy you, the theme of the fictional book you've been reading and whether or not you're enjoying it, something that's been worrying you about your parents, or something you hope to do on a vacation someday even though the money is not there right now to do it.

Men struggle to see the value in this kind of information. Learning this kind of information helps them to become better lovers. Until then, work with your man where he's at right now. Capture his interest first, then work together to make the relationship much better than what the average couple experiences.

Topics of Endless Fascination

Just as men find it perplexing why women enjoy discussions of various ways they can arrange furniture in the living room, you may find it perplexing why men enjoy some of the topics we're about to discuss. I'll try to give you some useful insights regarding some of the psychological differences that create an interest in these topics for men. However, there's no need to understand all the reasons before using some of these conversation topics for the purpose of reeling in Mr. Right.

Following is a list of conversation topics that women tend not to talk about. If you bring up these topics or participate in discussions of these topics, you will quickly establish a special place in the mind of men who witness it. You will become "that cool girl" who seems so easy to get along with and so enjoyable to be around. Men actually talk about certain women with phrases like this. Sometimes they are not quite able to articulate exactly what it is about a woman that causes her to seem so "cool" compared to other women, but they do know they feel relaxed around her and enjoy her company.

Adventure

There is a primal need for adventure deep within every man's heart. We may bow to the conveniences of modern life by agreeing to sit in a cubicle all day, but the adventurous spirit is always raging inside. In a small way, talking about adventure eases the need for the real thing.

What kind of adventure am I talking about? That's simple. It's anything that involves exploration of the unknown, or anything that involves an adrenaline-inducing challenge. Believe it or not, a guy can get excited by the "adventure factor" from something as simple as telling a buddy about the last level he had to finish to beat a video game! Think back. Have you ever witnessed this kind of conversation and wondered why they seemed so

animated during the discussion? It has both aspects of the adventure factor, a challenge and the exploration of something unknown (the last level that was not unlocked until they reached that part of the game).

What else would fit in this adventure/exploration category? I recently heard three brothers describing their camping trip to their wives when they got home. They mentioned the peace and calm of the woods in passing, but the real focus was on the rattle snake one of them almost stepped on! That was the worst part of the trip, and the best part of the trip in their minds. It made the whole thing worth it. They spent more time talking about poking a stick at it and how they felt when it did this or that than anything else about their three-day hiking and camping excursion. Why? Because it was an adventure that brought them to new territory.

You know what else they focused on besides the snake? It was the moment of confusion about which path to take at one point when they were pouring over a map with vague instructions. Did they seem irritated or annoyed that the map had poor instructions? No! They complained about how bad the map was, but their faces and vocal tones gave away their sheer delight at having faced the threat of getting lost. They loved it! It was the stuff of bonding. It was the stuff that makes them feel manly and alive. Men like adventure.

So how do you join in on topics about adventure? How do you get such a topic started in the first place? You start with whatever you have and work your way toward discovery of a topic or activity that involved one of the two factors of adventure.

Sometimes this is easy. Sometimes it takes some digging. For example, it's easy when he pulls up to a social gathering with a mud-splattered truck with a four-wheeler loaded in the bed of the pickup. In this scenario you know exactly what to ask about to get him talking about his latest adventure.

On the other hand, it can be difficult when he shows up well groomed and dressed after a week of overtime at his job as an editor. In that case, you can simply start with a basic question like, "What do you enjoy when you get a chance to get away from the office for a while?" This often leads to clues that can be pursued with intermittent questions designed to reach for actual life experiences that involved some sort of exploration or challenge.

Possibility Thinking

Guys love to imagine "what if" scenarios. I have met very few women who enjoy this kind of conversation topic the way men do. This kind of conversation typically starts with a guy saying to a buddy, "Wouldn't it be cool if..."

These are sometimes very short conversations. They serve as a platform for a shared mental experience (imagination) of an alternate reality where one or two variables are changed. For example, "Hey John, wouldn't it be cool if we worked for the airport and got unlimited worldwide airfare for free?"

This kind of "what if" conversation starter can be followed by a long exploration of various places John and his buddy might like to visit just for the day. Don't be surprised if some of the ideas they come up with sound like no fun at all. Remember the adventure factor? Trying to circle the globe in less than 48 hours may sound like a blurry-eyed nightmare to you, but guys like to play with the idea of such an adventure/accomplishment just for the fun of it.

A secondary benefit of being in on this kind of conversation is that the shared imagination world becomes a reference point that can be touched on later, sort of like an inside joke. Days later you can add an aside that only John and his buddy would appreciate, like "Well, if that happens I'll just hop on a jet and disappear to Japan for a few days with my free airfare." The reference to a shared imagination world of "what if" possibilities instantly strengthens the feeling of fun bonding from shared experiences.

You don't have to invent these "what if" scenarios. Just listen for them when hanging around with a group of two or more guys. Once you tune in and watch for them, you'll be surprised how often they come up. Once you spot them, all you have to do is jump on the bandwagon with your own variation of the endless possible scenarios associated with the core "what if" situation. Guys will love you for it. They will feel like you are fun and adventurous. They will feel that you accept them and like them for who they are (boys disguised in men's bodies).

Stuff that's Funny

First of all, you will naturally appear more attractive to a man when you are smiling and laughing. Secondly, most of what you find humorous will be funny to him as well. So what's the difference between the men and women when it comes to humor in conversation?

A key difference is that men bring up humorous topics more often and more quickly at the start of a conversation. So the first step to incorporating more humor into your conversation with men is simply to blurt it out. If you carefully observe the women who seem to most easily connect with men, you will notice they often begin to relay humorous situations or stories without preamble or segue of any kind. That is how men do it. Without consciously being aware of it, men will be able to relate to you more easily, feel more relaxed around you, and generally enjoy themselves more if you incorporate this small change into your patterns of relating to them.

What do you do if you're just not funny? Cheat! Here's one example of how you can cheat. Before you head out to an interaction with men, take a moment to browse Youtube.com to watch new uploads with ridiculous or funny content. I'll explain how to use those videos in a minute. You could look up baseball bloopers from the current season or look for the most watched videos from the past week under Youtube's humor category.

What you don't want to do is subscribe to a "joke of the day" e-mail list and try it out on the guys you meet later that day. This kind of forced attempt to be funny will do nothing but create an awkward feeling in the room as you try to recover from your mistake. Instead, simply ask someone standing next to you if they saw such and such a video on YouTube. People share funny videos through Facebook and other mediums all the time. All you have to do is forward a funny video you find to one of your friends who is going to be at a social gathering later on. Then ask him or her if she saw it. "Julie, did you see that ridiculous Batman spoof I sent you on facebook yet?"

If she says yes, others will ask about it. If you are particularly shy about "being funny," you can simply bow out and say you wouldn't do it justice and insist that Julie try to explain it. Now just try to relax and allow yourself to laugh at Julie and the video she describes, adding comments like, "And my favorite part was when she..." and other brief commentary.

If Julie says she hasn't had a chance to check Facebook today, the mere mention of the fact that you were laughing too hard to breathe will cause men to feel more relaxed around you. Further, it will bring up discussion of other funny videos or situations. As result, your contribution to the gathering will be one that is very relaxing and natural to men. They will be more relaxed because you have created an atmosphere that is conducive to how they like to relate.

Laugh at Yourself

Of course, the best humor comes from real interactions with people you know. Be willing to be the butt of your own jokes. Be willing to make fun of yourself. Done with a smile on your face, this kind of self-effacing humor makes you appear self-confident and relaxed. It doesn't reflect a low self-esteem. People who actually have low self-esteem never make fun of themselves or point out their

own flaws or mistakes. You'll find other people are quick to chime in when you bring up a funny experience. When they do chime in, one conversation will lead to another, hopefully revolving around funny interactions and incidents from your shared history.

Whatever methods you use to bring humor to your conversations with men, keep the underlying formula in mind. The underlying formula has two components. The first is that you will appear more attractive to men when you are smiling and laughing. The second component is that you will create a relaxed interpersonal atmosphere.

How Stuff Works

Here's another good one. Only this one has an added benefit. Yes, it's interesting to men, but it also provides an opportunity to invoke his masculine desire to feel useful. It's part of the natural yin-yang polarity between men and women. Men like to feel they have something to offer. In this modern day of complete economic independence for women, men sometimes feel lost in their desire to think of themselves as a provider. Get him explaining how something works and you will likely trigger positive feelings of attachment or protective instincts toward you.

How do you do it? You just look around you and point at something and say, "I wonder how that works." Even if he doesn't know, he will enjoy the discussion of various theories. You may find he posits his own theory with a little more certainty than he should. If he does this, don't take away his steam by calling his bluff. Remember the point of why you started the conversation in the first place. You want to evoke a certain kind of experience for him when he is in your presence. You don't want to leave him feeling defeated or humiliated. That will not serve your purposes.

Here's an example. "How does that little kick-stand hold up the weight of that enormous motorcycle?" Another example would be, "How do you think they get up there to hang a chandelier that high?" It doesn't have to be something you have no ideas on yourself. Just start the conversation and watch what happens.

Freedom

Men like to feel autonomous and free. They crave a feeling for mastery over their world. For that reason, they love to talk about tools. Tools that give them power allow them to feel in control of their world. It's an instinct you see in males as young as twelve months old. Ever wonder if it's just socialization that causes boys to want to play with toy cars and swords rather than dolls? It's not. Psychologists have worked out some clever research designs over the years. They have come to the conclusion that the testosterone-saturated brain is changed in a way that makes male babies and toddlers more interested in tools than girls. Girls prefer toys that allow for relationship play, like dolls.

That said, tools are typically specific to a person's interest, job, or trade. They don't make great conversation topics unless you have knowledge of some niche that he is also interested in. Instead of tools, think of ways to engage men in discussions that have to do with other ways to achieve autonomy and freedom. For example, one of the main reasons men like to go camping in the woods is because they feel free. By not depending on anyone else, and surviving in the wilderness (even if just for a day or two) men feel free and in control of their lives.

Men don't like being cooped up in routines that are created for them by a boss or organization. A lot of men who start their own businesses do so in pursuit of a feeling of autonomy rather than in pursuit of riches.

An easy way to start a conversation about this topic is to simply ask something like, "Have you ever considered opening your own business?" Another conversation starter that would pique men's interest would be, "What's the furthest you've ever been from civilization?" You could also ask, "Where would you go right now if I paid for your gas and gave you \$500 to stuff in your pocket, but you could only have the money and fuel if you left tomorrow and drove somewhere interesting?"

As a note of caution, this last question would be too canned to ask someone you have just met. This is the kind of question that works better when you've developed a comfortable casualness in your interactions. However, I've included it here to spark your imagination and to prime your ears for this kind of conversation if you have the opportunity to jump in on it when a guy starts a conversation of a similar nature.

You might find this next example odd. That's why I selected it. See if you can recognize the "freedom" element embedded in this topic. Men like to talk about ways to reduce their dependence (on anything). As a result, they enjoy talking about what they would do if the world fell apart and they had to survive without all the safeguards and systems that currently govern developed nations.

For example, I recently heard two men discussing the possibility of worldwide economic collapse because of a sudden shortage of oil as we deplete current reserves. They focused in on what it would be like to have no job, no electricity, and no one paying taxes to keep police and government systems operating. The topic seemed to give them great enjoyment and they talked about it for well over an hour before being interrupted by someone else joining the scene. Embedded within their fascination with the topic was the freedom to choose the course of action they would take in the imaginary world they were envisioning.

If you want to tap into this male-favored conversation topic, pose questions that allow him the freedom to invent his world in some way. It could be about retiring early (like age 45) by reducing expenses and investing. It could be a question of whether he thought it would be useful to own a pontoon plane and piloting skills. Would he use a pontoon plane to land at a hidden retreat cabin in Canada during the summers? Would he stock his retreat with supplies, or just hop from one lake to another for short day trips?

Weaving these questions into conversation is somewhat of an art. You start with something you know about him and then meander to the topics guys find interesting. For example, if you learn he likes to fish, you don't just blurt out, "Would you like to own a pontoon plane so you could fish anywhere?" Instead, you meander to that concept like this. Ask him what he

likes best about fishing or what kind of fish he likes to pursue. Depending on where the conversation leads from there you could say something like, "I don't really fish much myself, but I've heard of these excursions where a pilot drops you off for two days at some wilderness lake in Canada where you can fish lakes far from civilization. That sounds enticing to me." After some discussion of this sort of thing you finish meandering with something like, "I guess it would be even better if you had your own pilot's license and access to a pontoon plane that could land on any body of water."

At this point the conversation contains enough "freedom" components to make it highly enjoyable for any men participating in your creation. They will appreciate you on a different level because of your willingness to enter their world in this way.

Your Next Step

Remember, the key here is to participate in lively discussions of things that cause men to walk away from the interaction feeling like they want more time with you. It's pretty easy to do with just a few simple tweaks to your typical conversation topics.

Like any other worthwhile skill, a little practice will take this information from interesting to useful. I challenge you to start practicing by doing two things. First, listen. Pay attention to what you hear guys talking about around you. When you notice a topic that touches on one of the guy-magnet topics we explored here, find a way to jump in.

Secondly, choose two conversation starters related to these hot topics and memorize them. Tuck them away in your memory to pull out when you start to see that glazed-over look in a guy you are dating or interested in. Watch for situations in group interactions where women are dominating the conversation with topics men find unappealing. When you see it happen, take the opportunity to practice steering the conversation.

Talk soon,
Ryan

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[>> "Mesmerizing Phrases" Can Make Any Man CHASE You And OBSESS Over You Overnight](#)

[>> The ONE Sexual Skill To Keep a Man Faithful](#)

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