

kavita *j*patel
Love Coach

Why
HE
Hasn't
Called



Hey Love Lady!

I want to welcome you to “Why He Hasn’t Called: The Secret Ingredient to Having the Men You Like Woo You.” I love this title. It’s a juicy one. I’m excited to let you in on what’s really stopping a man you go on a date with from calling you.

You’re smart, successful, and you’re ready to have love. No more waiting for him to call, especially if he might not even be the guy for you. This guide is going to help you whether you’ve been on a great date and you were totally into the guy and even if you went on a date and it sucked.

Because lets face it, even if we thought he was wrong for us, we can get a little annoyed even if he felt the same way and doesn’t ask us out again!

So let’s dive in...

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The set up

Let me set the scene for you.

You meet a man and about three minutes in you make a decision about who he is and if you'd be any good with him. You're either thinking you don't like him, or you're thinking, "Hmm I'm kind of into him."

Then, as soon as the thought crosses your mind that you are into him, you think to yourself, "Could he be the one I've been waiting for?"

So you start to daydream. You immediately start to wonder if this man in front of you can keep up with you and all of the dreams you have for your life. Does he have a good job? Is he just another player? Is he good to his mom? What about ex's, is he still hung up on one? You imagine him interacting with your friends and meeting your family. Some of you may even be sounding out your name with his. Don't lie; we've all done it!

And this is only within the first interaction.

But you don't know much about him except for the basics: what he does, what he looks like, and maybe some things that he likes. If you've met him through a friend, they might have told you what he's like and who he hangs out with so you feel like you have a good idea.

You go on your first date with all of that running through your head, and you freeze up at that point during the date because you're thinking he's a potential boyfriend. He could be somebody who you really want to date long-term. It could even turn into something more than that. You're ready to know.

You get some conversation going on this date and it's going well. But then you can feel yourself not fully expressing everything you want to. You're wondering if your hair is messed up, if you should be ordering something, what he's thinking about you, or what's going through his head. Is he looking around? Is he looking at other women? You start holding stuff back because you don't want to push him away or scare him off, so you play it cool.

The date ends, and you aren't sure if he's going to call, text, or even reach out. Maybe he's even said he will call or reach out or get in touch for a second date. But you're still not sure because you've been through that before, and there have been enough times when men haven't done what they said they would.

So you wait by your phone to see if a text rolls in. You check him out on Facebook to see what his status updates are like... and you're just kind of waiting. This is the worst place to be – I know it. I have felt it many times when I was single and looking for love, too. I hear this from my clients constantly.

That is the most excruciating part: waiting for that frickin' call, especially when you're into him, especially when you liked him, and especially when there were signs of this maybe being something really great.

The anxiety starts to set in and we begin to replay the entire date in our heads.

We question everything. We wonder:

"Should I have said that I love sci-fi movies, even though I don't?" "Could he tell that I was lying?"

"When he said that he liked women who are independent, did he mean me or was he saying he didn't think I was independent enough?"

"Did I show up like I'm someone who has it together, or was I all over the place?"

All of these thoughts of every single aspect of what he said and you said are being replayed. You're analyzing every detail and thinking about it over and over again the longer it takes to hear from him.

When it's been long enough that you haven't heard from him, we begin to calculate all kinds of things that you didn't even know you knew how to calculate.

"When he said he would call, did he also say he would be out of town?"

"I think he said he would be out of town, so typically he'd be out for two days. If that's the case, maybe he'll call me three days from now. Add in another two days for him playing it cool."

We start to think of all these things that may be going through his head, and we're just sitting there waiting by the phone, feeling phantom text messages. That can feel like a very disempowering place to be, because it feels like all the choices and all the power is on his side and in his court.

The truth is we can shift this. We can shift this entire dynamic where you start to see that you don't have to be waiting by the phone. You start to make the calls in terms of, "Is this guy right for me, or wrong for me?" instead of being open to everybody and everything and feeling like every single time you're opening up, he's not responding. You're thinking, "Why won't he just call?!"

I totally get it, and now let me break down for you what is really going on by revealing the common mistakes I see most women make in this place.

Mistake #1: You immediately thought of him as potential

I know on some level the scenario I walked you through felt a little exaggerated, but I'm sure you've been through that exact same sequence of events with a man before, especially after a first date or even a second date. The first mistake that I've seen women in this position make is that they immediately see the guy they were around or on a date with as long-term potential. And as soon as you think that, the pressure is on.

This is not a sport where pressure can be a good thing. **You don't have to perform on these dates. It's really about feeling excitement and paying attention to your body and what all of this feels like for you.** I'm going to get into what I mean by all of this in just a moment.

As soon as we go into thinking "he's potential" and we label him that – he's either a really good-looking guy, or on paper he's got an amazing career which is what you're looking for, or he meets some of your criteria like went to a good school, he's making good money, he seems like he has it together – something starts to happen inside of you where all of these expectations start to bubble up.

You're starting to think, "Oh my God, what could happen? Where could this lead? Where can this go?" Pay attention to where your attention starts to go when this happens. As soon as you meet this man and you start to feel like, "This could be something," start to tune into where your attention is going. Are you paying more attention to outward areas or inward, to what you are feeling inside?

Here's a quick exercise that will help you know the difference.

Outward Attention

Think about planning out tomorrow's activities. You're thinking, "I'll wake up tomorrow and make myself some breakfast. I'm going to eat it. I need to be at work for a meeting by nine o'clock, then I'm going to try to have lunch." Notice where your eyes go. Notice how you start to feel. Notice where your attention is all outside of you.

When you're thinking about planning something, your eyes start to go upward in your head. You can notice that all of your attention is focused on outward reactions and situations. You're thinking about how to manage people's expectations at work tomorrow. "Do I even have enough cereal?" "What is my boss going to think if I walk in a half hour late? How am I going to manage this call moving into this meeting?" All that stuff is running through your head. Just notice where you go.

Inward Attention

Now I want you to feel what you feel right now in this moment. You're in this chair, or on your bed, or on the sofa. Feel your body on the sofa. Feel your feet on the floor. Feel yourself in this moment and start to notice how your eyeballs go down and inward. It is a literal, visceral feeling that you get. If you're lightly closing your eyes during this exercise and you can feel that, but you don't even have to close your eyes to feel that your eyes go inwards and down. Your attention draws inward.

Why you need to shift your attention from him to you

It is this inward feeling that I want you to start to experience on these first dates, especially when you meet a man, right before you go into "He's potential." Because as soon as you label him that, there's all this outward energy that goes straight up into your head, and you start to daydream. That's normal.

You're allowed to do that for a period of time, but then start to draw that attention back inward, because it's not going to serve you to start to put the pressure on the situation. It's going to actually suck out all the fun and excitement you're feeling – the butterflies and all of that – and you're going to go into panic mode. You're going to go into anxiety. As much as that serves us in some ways, it's also good to feel that energy and start to channel it inwards versus outwards in trying to think about all the things he could be or could not be.

When you start to draw your energy inwards, that will help you re-align to the present and feel what you're truly feeling about this man right then and there. In some of the other classes that I've taught, I've talked about using your senses as a way to compress it. Smell the smells in the air. Take a deep breath in. Feel what the energy feels like in the room. Even touch your leg or feel your feet on the ground. Use all your senses to get present.

I know it can be hard to stay present when you are so nervous about the date and want it to go well. Just remember that you know nothing about him, and he knows nothing about you. It is a clean slate. For some of you, this may feel a little nerve-racking; and for some of you, it feels good to know that there's a clean slate and you can walk away without being stressed that you have to marry the man in front of you.

Keep your attention on learning about who he is. See if he is the right fit for you, instead of thinking about what he may be thinking or feeling.

I see women do this all the time. Their energy starts to go outward and they start to think, “What does he think about me? What does he think about what I just said? Did I just say the wrong thing? Is he judging me for being this open about this thing?”

We have this continuous dialogue in our head while we’re out on that date – or right before we’re even going on that date. I want you to start to keep yourself seeing that this whole circumstance – the first date, or even the second date, or even the third date – is just about you getting to know him, and him getting to know you nothing more until you inwardly feel more.

A good mantra is: **“I am loved and I deserve someone who wants me just as much as I want him.”** The truth is many of you are waiting by the phone for the men who are not right for you. I want you to stop that! There is no reason to be waiting at the phone for him to call, text, or e-mail when he’s probably not the right person for you and you haven’t started to assess that.

From this first date, you don’t want to try to label it or figure out if he’s right or wrong for you. It’s just about information gathering. That’s the way I describe it. You’re just getting to know all the intricacies of who he is and revealing who you are so he can get to know you. A first date is an “I want to get to know you session.” It’s nothing but that. You’re not going to know if he’s right for you after the first date.

This is revolutionary for some of you. I know that after that first date, you’re thinking, “He’s it,” or you’re thinking, “No, he’s not it.” Or you’re putting pressure on yourself to know whether he is or isn’t. Maybe you’re not doing that on the first date, but you’re definitely doing that on the second or third date. The truth is, even after the second or third date, sometimes you just won’t know. There’s often a lot of fear and comparison going on that gets in the way.

So, to summarize: You’re not going to know if he’s right for you after the first date. It is information-gathering time only!

Mistake #2: You start to daydream

Instead of using that daydreaming excitement to make this man out to be something he may or may not be, use it to help yourself feel and look good.

The excitement can turn into anxiety. It can turn into obsessing pretty quickly. BUT if you start to channel it in the right ways, you can actually use it for your own good.

You can use that energy to pick out a dress before a date, get your nails done, get a massage, meditate for yourself, read a book you love, or throw a dance party for yourself.

I want you to do these things before the date, but you can also do them after the date, which is when it's more likely you're tempted to wait for the phone call, text, trying to scope him out somewhere in social media, or just waiting. Instead of doing that, **channel that energy, excitement, and that potential that I know that you see may be there into something productive for yourself.**

After dates, when I was single and looking for love, instead of picking up the phone and staring at it for hours (which I did do plenty of times) I started to do these dance parties for one, where I'd just turn up the music, start dancing, let loose, and use that energy for myself. It is really vibrant energy that you're getting access to during this dating period and when you feel like someone is potential for you.

Here's the thing, if he's the right guy, this will attract him in. **When you start to do this before and after, trust me, energetically he can feel it.** Even when you're on the date, he can feel it. This will attract him in because men want to feel inspired by you. There is nothing sexier than a woman who has tapped into her inspiration.

I'm going to tell you a quick story about my husband and I. We've been married for six years, and our journey has been long. We've been through a breakup, to makeup, to marriage, and we were close to divorce in those first two years of marriage. Now we're in an incredibly happy relationship, and I am more in love with him now than I was 14 years ago, which is an amazing thing for me to say

Six or seven months ago, I asked him, "Why is it that you were attracted to me? What was it about me that really drew you in ultimately?" because we did go through a breakup and then we got back together. "What was helping you hold onto me throughout this entire saga of our relationship?"

He said something pretty profound to me. He said, "You had something I wanted." Once he said that, it triggered my memory. I remember him kind of revealing that to me even in the beginning stages of our relationship. What I mean by "relationship" is even in the beginning stages of our dating life where I was talking about all the wrong things. I was talking about politics and religion – my viewpoint on this, and my viewpoint on that. Most people would tell you, "Don't go there! Don't say things like that on the first couple of dates when you're trying to woo him, win him over, or have him pursue you." I never cared about any of those rules or games because I just thought they were total bullshit (which they are).

There was something about me that intrigued him, because I was so expressive about all of that. When he told me that I had something that he wanted, it was pretty profound for me to hear. He said, "You were just so cultured. You're religious. You're somewhat opinionated. Sometimes it was hard and intense, but sometimes it was really inspiring to see you in that space and to know that you're this strong woman."

When he said that, something clicked. The fact that I was talking about politics or all the wrong things wasn't really it. It was just that I was in my inspiration. I was feeling love within myself in many ways and being expressive. That's what inspired him: the fact that I was in conviction of things, I was saying what I felt, and the fact that I was opinionated.

The truth is that you are going out on all these dates, and so are they. They are looking for a match, just as much as you are. The thing that's going to help you know whether the man is going to be a match for you and what's going to help him know if you're a match for him, is when you are in your inspiration and he's in his inspiration. Going on all these dates, you need something that sets you apart from somebody else.

You are just looking to inspire him, and the best way to inspire him is to feel inspired by yourself – to actually feel inspired with who you are.

Mistake #3: You start to freeze up

Statistics show that the average amount of time you have to make an impression on a man is 15 minutes. The average amount of time a man has to make an impression on a woman is an hour. So you can tell there's a significant difference between women and men. As women, we will give people time to make an impression on us. We'll give them the space. Men will not. That's why women are usually the ones waiting by the phone, and it feels like men are the ones who are in control, because within 15 minutes, they can tell whether you're somebody who they want to know more of – or not.



I love this little cartoon: “How to Make a Good First Impression.” I know this shows the man trying to impress the woman, but I wanted to share the statistic with you.

Expressing yourself is the secret sauce that will keep him coming back for more. It is the secret to him calling you back. It is the secret to him calling you for a second, third, or fourth date *if he is the right one for you.*

It's a secret sauce because of the very thing I just revealed. When you are in your expression – when you're telling him what you feel around things, when you're opinionated, when you're telling him the things that you love to do or how you feel devoted to your family –whatever it is- he's getting to know if he can be a match for you. He's getting the data from you and he's assessing, “Is she a match for me? Can I

be the man for her? Can I make her happy? Can I be the person who really contributes to this woman's life? Or is she just not the right person for me?"

I want you to be doing this all along the way, too. Men are usually doing this much quicker than women and I want you to start to do this also where you're just feeling him out. *What does it feel like to be with this man? How is he making me feel in every moment?* The masculine is being the headspace and the feminine is feeling things out. Even on the date, sit back in your chair. **Sit back and take in what it feels like to be with this man in every moment.** Is it a good feeling? Is it a not so good feeling? What does it feel like? That's really powerful. **From that space, express yourself, your thoughts, and your opinions.**

When you're doing that, he's going to get a sense of who you are. It will be a very quick decision that he makes. Within the first 15-20 minutes out of your gate, he's going to have a pretty good impression of who you are. That is going to be the determining factor on whether he calls you or doesn't.

I'm breaking it down for you, so if you start to see this man as being somebody who you want to get more of, you know how to be in control and be in the place of power for yourself so that you are expressing yourself. **If they're not calling back, they may have opted out of being the man that you need them to be. Move on. Move forward and know that he was not right. He can't hold everything that you are.**

Express Yourself!

Madonna got it right!

When I say, "express yourself," it's the same thing as saying "be yourself." There are lots of reasons for why you aren't expressing yourself, and you're holding back in ways that you don't even realize on first or second dates. Expressing yourself is essential to knowing if you are right for him and he is right to you.

The reason why you may not be able to fully express yourself is because you might be putting the guy up on a pedestal, where you think he is so much better than you. Or you may be feeling the pressure of your biological clock ticking, or how you are the only single woman left in your group of friends, and this is also creating pressure on you.

I want you think back to the way you were raised. I'm going to walk you through how to start to assess where you're not expressing yourself and start to release that so that you can begin to.

Pull out a pen and paper and answer these questions.

These are really important in how you are expressing yourself on these dates. I'll give you scenarios of what I realized through my own experiences.

How did you watch your mom express herself?

My mom, in some cases, would say exactly how she felt in conversation. When she got her feelings hurt in some way by somebody she loved, she would totally shut down and hold it in. You could tell because she would just shut down. She would stop talking. She wouldn't express herself. She wouldn't say anything.

Something would happen that would make her upset and all of the emotions from shutting down so many other times would come out in that one moment. All of us – me, my dad, and my brother – would be like, “Where is all this coming from? What is she even talking about? It doesn't even make sense.” It was because she would stop expressing herself along the way, and then there would be this blow-up. That's how my mom expressed herself. I'm giving you an example so you can write down what works for you.

How did you watch your dad express himself?

My dad would say whatever he wanted whenever he wanted to say something. He had no filter whatsoever. Honestly, at times it felt totally awkward because he would insult somebody without even knowing it, or he'd cross the line without ever knowing it, or he'd tell a joke that was embarrassing for me. That's how I watched my dad express himself. How did you watch *your* dad express himself? Write that down.

Who are you most like: your mom or your dad?

I know some of you won't want to choose, but choose one. It could just be like 1-3% more that you feel like you're more like your dad, or you're more like your mom. I'm more like my dad. We're all 50/50 mom and dad, but we have stronger characteristics that point to either dad or mom. I'm slightly more like my dad, and my brother is slightly more like my mom. It just depends on what you're talking about in any given day, sometimes that can switch. For the most part, I'll label myself with my dad. I want you to choose one and write that down – whether you're like your mom or your dad.

What do you dislike about that particular parent's way of expressing themselves?

My dad doesn't think before he speaks, and people get hurt by what he says sometimes. It will be awkward because he would tell a funny joke that wasn't that funny or he just didn't have any filters and he would say things that were pretty direct. On my end, I felt like the friend or the person he was doing that to wasn't ready for it.

The truth is that what you resist persists. I didn't like how awkward it would get when my dad would just say whatever or I didn't like the way he wasn't really conscious of how people were feeling by what he was saying. I resisted it, and so it persisted in my life.

I would express myself and then feel really guilty that I crossed the line, or I made someone feel uncomfortable and I'd start to retract. I would start to hold back. I would not say what I wanted to say. I would say something and judge myself so much for how I thought I sounded that I would just stop talking. I kept doing this because I totally disliked that quality in my dad.

I'm emphasizing this because it is super important. **What you're resisting in both parents in the way they're expressing themselves can be persisting within you.**

What do you do about it?

Ask yourself or have a conversation with whichever parent you're most like. If you're up for it, you can even ask a sibling to gain perspective.

Perspective is everything in love. You're going to gain perspective because you need to start to understand more about why your mom or dad was like that in that way.

I asked my dad this question: "Why is it that sometimes you just say whatever you want and you're not afraid of how people are taking it? Why are you not afraid of the judgment or their reaction?"

He said, "A long time ago, I realized that my friends really admired that about me. They would tell me, 'P.J., you really made me think in a way that I never thought I could think,' or, 'I didn't realize that about myself,' or, 'You will bring to light the thing in the room that nobody is saying.' I just learned that was useful for people."

I never thought of it that way – ever. So even though my dad crosses the line, he makes people think. His friends admired him for that. He even said that they really admired his straight talking and how he pushes people.

As soon I started to see that, I thought, “Oh, I get it.” I hit the compassion point. I hit understanding around why my dad is like this in the way he expresses himself. I gained perspective.

When you are able to do this, it will release you from the resisting persisting thing happening. This process will release you from that and allow you to begin to express yourself more.

To really drive this idea home with you, I want to tell you a story about someone I was with in a group coaching session recently. She’s dating this guy and it’s going pretty well, but he keeps texting her instead of actually picking up the phone. She would prefer that he call her.

She asked me, “Is it too controlling if I were to actually say to him that I want to talk on the phone versus texting?” It was interesting how she asked me that question. I wanted to find out why that came up for her. I asked, “Why did you use the word controlling?” That was the keyword that she used (we all have keywords). I asked, “Is that something that your dad did to your mom, or your mom did to your dad?”

She said, “Yeah, my dad was actually like that with my mom. He was really controlling and wouldn’t really allow her to be who she really wanted to be or to express herself.”

I asked, “And what did you dislike about your mom in that circumstance?”

She told me, “She never stood up for herself and never stood up for what she wanted.”

I said, “Okay, great. Who are you most like?”

She said, “I’m more like my mom.”

I said, “Do you really dislike that your mom doesn’t stick up for herself?”

She said, “Yes, absolutely. I dislike that my dad is controlling, and I dislike the fact that my mom never stands up for herself.”

I said, “Okay, great. What you’re resisting is persisting.”

What I meant by that is that she could simply say to this guy, “I prefer talking on the phone. I was just wondering if we’d be able to do that?” It’s not threatening. There’s nothing wrong with asking for that. He probably just didn’t know that’s what she wanted. Maybe he’s more comfortable in text, so he just kept it there. But if he likes her enough, he would transition to calling and respect that. **But you need to ask for it for him to understand what you want.**

She said, “Oh my God, I never really realized that what I was resisting in my mom was persisting in me. I wasn’t asking for what I wanted or standing up for what I wanted.”

I said, “I want you to stand up for it, and just ask from him to call you. All you have to do is text or e-mail him, ‘I would love to talk on the phone. It’s easier for me to connect with you. Can we do that?’”

It was interesting because she was holding out on that completely, even though that’s a simple request, because of all the judgment around not standing up for herself and how she judged her mom, and also how she judged her dad around being too controlling. It was another part of her that was judging herself and asking, “If I asked that, would that be like me controlling him?” – like her dad does to her mom.

You can start to see how this is coming out in your love life. This is just one small example. I wanted to connect the dots for you.

In order to have him call you and be interested in getting to know you more, you need to be fully expressed with a touch of vulnerability.

What I mean by that is sometimes you just need to also say, “It’s hard for me to connect in text.” That’s a touch of vulnerability. “I would love to talk to you on the phone.” That’s you being fully expressed. So, to do both you would say, “It’s hard for me to connect on text. Can we connect on the phone?”

Remember, you have those 15 minutes to make your impression. What’s going to make the difference is you being expressive of who you are so he gets an understanding of what that is, and then he’ll start to know whether he wants to be a part of your life. You get to know whether he’s going to show up for you or not.

Instead of waiting by the phone waiting for him to call you, you can start to say, “Okay. I get it. If he didn’t call, there was something I said or expressed that didn’t resonate with him, and that’s okay because I want a man in my life who can hold all of who I am.”

Why He Hasn't Called: Recap

What I want for you is to **take the pressure off** this man and this date by not labeling the entire date or the person as being potential. I know that's difficult, but I gave you a mantra. The mantra is, "I am loved, and I want to be with somebody who wants me just as much as I want them." Repeat that over and over again. It will help.

Channel that excitement, rather than going into the daydream, thinking: "Oh, what would my name look like with his last name?" Channel that energy, excitement, and butterflies into finding a beautiful dress for yourself, accessorizing, getting a massage, taking care of you, watching a movie that's amazing, or doing something that's fun and playful for you that is super pleasurable as well. Channel it towards that. I'm saying do that before, during your date, and after, because he can feel all of that energetically.

Through **expressing yourself**, you're going to inspire him to call you if he is the right one for you. This is all on the basis of if he's right for you, he's going to want more. You only want the men in your life who are going to be into all of who you are.

But what keeps us with bated breath waiting for that phone call is we know we didn't actually express ourselves fully. We know that we didn't say everything we wanted to say, and we want a second chance. We're attached to that second chance. The more that we show up fully expressed, the more we can let it go and say, "Okay, he wasn't right for me. I said what I needed to say and he wasn't right for me." Keep moving forward.

There are many layers of expressing yourself and expecting more of who you are will allow you to express more. I've just revealed one way you can begin to express yourself, but there is much more. Otherwise, this would be so easy. You currently don't even know what you don't know.

There are several ways you're blocking yourself from expressing who you are in love in ways that you may not even know. We're going to pull all of that out from you so that you can start to see what ways you're holding back.

What I revealed today is a small deep dive around why he isn't calling you, but there's more to the story. There's more around expressing yourself, and there's more to perspective and love. We all have blocks in love, and that is really what is stopping you from shifting from being single into a relationship that you really desire.

I want to end on this: There are so many great men out there waiting for you. There is no reason to settle or lower your standards. It's about expressing your truth so that you can find the man that understands everything you are!

So here's what I want you to do next:

- 1) Send me your burning question! What can I help you with? E-mail me directly at support@kavitajpatel.com. We're constantly making videos to answer your questions so yours might be next!
- 2) Sign up for my weekly Lovenotes on Kavitajpatel.com so you get insight sent straight to your inbox every week!
- 3) Check out my free [video library](#)! There are a ton of great resources in there including, '*Do you keep attracting either the "nice guy" or the "bad boy?"*' and "*What is really blocking love for you?*"

Thank you for letting me be a part of your journey to the man that was made for you. You are SO TOTALLY worthy and deserving of having everything you want in your love life and I can't wait to see where this takes you.

In Love,

