

THE FEMALE BRAIN DECODED

For men who want clarity, confidence, and real connection.

STOP GUESSING. START READING THE SIGNALS.

01 | **THE TESTING PHASE**
How she evaluates you without saying it.

02 | **MIXED SIGNALS DECODED**
When her words and actions don't match.

03 | **WHEN ATTRACTION FADES**
The silent shifts most men never see.

04 | **REAL-TIME ATTRACTION**
How to read her signals as they happen.

05 | **WHAT SHE ACTUALLY NEEDS**
Safety, respect, and being truly seen.



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INTRODUCTION

The Female Brain

She is not playing games. She is evaluating you.

She's not complicated. She's communicating on a channel you were never taught to receive.

A Different Operating System

Women experience dating through a fundamentally different lens than men. Where men move quickly from feeling to action, women sit inside emotion first - processing before responding. Most men were never taught this. They pursue harder when she pulls back. They try to fix it when she feels something. They over-analyze when the signal is unclear. None of it works. What works is understanding.

Why This Guide Exists

Sharing My Truth is not a women's podcast but a real conversation between men and women, led by two women who say what most won't. Our listeners are a genuine mix and men make up the larger share. We are not here to blame you. We are not here to say you are the problem. We are here because men and women need each other, and misunderstandings that could be avoided are costing both sides real connection.

"These conversations weren't really happening anywhere, and the response from men has been the biggest surprise for me."

Suzie, Sharing My Truth

What This Is Not

Not manipulation. Not tactics. Not a way to trick a woman into liking you. This is practical, honest insight into how women actually experience dating and attraction, so good men stop losing good women to misunderstandings that were entirely avoidable.



CHAPTER 01

The Testing Phase

How she evaluates you without saying it.

From the very first interaction a woman is gathering data. Not consciously, not maliciously but constantly. She is asking: Is this man who he says he is? Does he stay calm under pressure? Can I trust him with my real self?

Women test because the stakes are genuinely higher for them. A test is not an attack it is a safety mechanism. The man who gets this does not get defensive. He gets curious.

A test is not an attack.

It is often the most honest signal of interest she has shown yet.

The 4 Most Common Tests

0
1

The Pushback Test

She disagrees with your view. Not to argue to see if you fold. The right move: state your position calmly and hold it. She does not want you to cave. She wants to know you have a spine.

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2

The Availability Test

She goes quiet. She watches whether you spiral into anxiety and triple-text, or stay grounded in your own life. The man with a full life does not crumble when she pulls back temporarily.

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3

The Emotional Test

She shares a problem. She does not want you to fix it. She wants to know you can stay present. Just listen. Acknowledge what she said. Ask how she feels not what she is going to do about it.

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4

The Standards Test

She treats you in a way that is below what you deserve and watches whether you say anything. If you swallow it to keep the peace, she loses respect. The man who calmly holds his line is far more attractive.

"Calm. Grounded. Certain. That's the kind of confidence women are drawn to."

Mel, Sharing My Truth

CHAPTER 02

Mixed Signals Decoded

Why her words and actions don't match.

She texts first at midnight, then doesn't reply for 14 hours. Warm all weekend, then distant. "I'm fine" in a tone that means anything but. Mixed signals are more explainable than they feel, they almost always come from one of three places.

01

Ambivalence

She is genuinely unsure. Attracted to you but uncertain about timing, the situation, or the fit. Her signals are mixed because her feelings are mixed. This is not manipulation. It is human.

02

Self-Protection

She likes you more than she is comfortable admitting. Vulnerability feels dangerous, so she manages her feelings by pulling back. The hotter and colder she runs, often the more invested she actually is.

03

Poor Communication

She does not have words for what she feels yet, or she is afraid of what happens if she says it clearly. So it leaks out side ways- in tone, in distance, in the things she does not say.

WHAT SHE SAYS	WHAT SHE MEANS
"I don't want anything serious"	Not with you or I'm scared of what I feel.
"I'm really busy lately"	I'm emotionally withdrawing. Something shifted.
"I just need space right now"	I'm overwhelmed. Don't disappear, but don't crowd me.
"I'm fine"	I am not fine. I want you to notice and ask again.
"We should hang out sometime"	The ball is yours. Make a plan or this fades.

Ambiguity is not an invitation to guess harder.

It is an invitation to communicate better.

What to Do With Mixed Signals

The worst response is silence and guessing. The second worst is obsessing in your head and building a story that has nothing to do with reality. The answer is almost always to get clearer, not to strategize harder.

Name what you are noticing, not what you are assuming.

I've noticed we haven't been talking as much this week. Is everything okay? Direct, not accusatory. Opens a door without demanding she walk through it.

Ask once, clearly.

If she is evasive, that is itself information. Do not ask the same question three different ways hoping for a different answer.

Let her answer determine your next move.

A woman who is genuinely interested will meet your directness with honesty, even if she is scared. One who is not will reveal that too. Either outcome moves you forward.

The Hard Truth

Sometimes mixed signals are just a slow no. If you have asked once and the ambiguity continues, stop pursuing and let her come to you. If she does, you have just shown her one of the most attractive qualities a man can have. If she does not, you have your answer.

CHAPTER 03

The Emotional World of Women

Feeling before thinking and why that changes everything.

Women experience emotions before they process them. The feeling arrives first. The understanding comes later. When she says "I don't know why I feel this way", she is telling you the truth. She is not being evasive. She is mid-process.

The man who can sit with her in that process without rushing her, fixing her, or talking her out of it is extraordinarily rare and extraordinarily attractive.

"I don't need you to fix it. I just need to know you're not going anywhere while I figure it out."

Jen, 33 - Sharing My Truth Listener

She wants to be heard, not fixed.

Ask: "Do you want help solving this or do you just need to vent?" Most of the time, she needs to vent. This question alone will change the dynamic of almost every difficult conversation you have with a woman.

She wants her feelings validated, not corrected.

"That makes sense" and "I can see why you feel that way" are among the most powerful things you can say. You do not have to agree. You just have to acknowledge.

She wants to know you will stay.

When things get emotionally intense, many men shut down or leave. What she is watching for is whether you can stay present. That steadiness is the foundation everything else is built on.

CHAPTER 04

When Attraction Fades

The silent shifts most men never see until it is too late.

No big fight. No clear moment. No warning you saw coming. She just says she doesn't feel the same anymore. It was never sudden you just didn't see it building.

Attraction for women is not a switch. It is a dial and it moves every single day.

GREEN SIGNALS - She Is Invested

- » Turns her body toward you in conversation.
- » Finds reasons to touch - arm, shoulder, hand.
- » Remembers specific things you mentioned.
- » Asks about your goals and future.
- » Initiates contact or plans without prompting.
- » Mirrors your pace and posture naturally.

YELLOW SIGNALS - Watch Closely

- » Replies but rarely or never initiates.
- » Warm in person, cooler over text.
- » Answers getting progressively shorter.
- » Fewer questions about you or your life.
- » Making less effort with plans.
- » Tests your boundaries more frequently.

RED SIGNALS - Give Her Space

- » Short answers, no questions back.
- » Avoids eye contact, body angled away.
- » Cancels plans or stops making them.
- » Physically present but mentally elsewhere.
- » Stopped sharing things about her day.

Why Attraction Fades

"It's never one big thing. It's a hundred small moments where he chose comfort over honesty, and I stopped believing he actually knew who he was."

Carrie, 28 - Sharing My Truth Listener

Over-availability

Dropping everything the moment she calls before she has earned that priority communicates one thing: you have nothing more important going on. She loses respect even if she asked for it. Availability and devotion are not the same thing.

Suppressed Standards

Every time you accept treatment that does not sit right with you and say nothing, you teach her how to treat you. She can feel you shrinking. It quietly erodes her respect and attraction follows respect out the door.

Emotional Dependency

When she becomes your primary source of validation, the dynamic shifts from two people choosing each other to a dependency. That weight is too heavy for attraction to survive under. Keep your own emotional life full.

Loss of Identity

You start matching her opinions, abandoning your interests, stopping seeing friends. You think this is devotion. She experiences it as the slow disappearance of the man she was attracted to. Hold onto who you are.

Stagnation

She is attracted to direction, not just achievement. A man working toward something - growing, building, evolving is inherently compelling. A man who has arrived and stopped moving feels like a man she has outgrown.

She didn't lose feelings.

She lost confidence that you were who she thought you were. The good news: you can prove her wrong.



CHAPTER 05

Real-Time Attraction

How to read her signals and influence them without forcing them.

Most men are so busy managing their own performance that they stop noticing what the woman in front of them is actually doing. Here is how to read attraction in real time and how to influence it without forcing it.

Body Language That Actually Means Something

She orients her body toward you.

Feet, hips, and shoulders pointing at you even in a group is subconscious. She cannot fake it. One of the most reliable signals there is.

She creates reasons to touch.

A hand on your arm. Leaning in closer than the noise level requires. These are touches she did not have to make. She chose to.

She mirrors your pace and posture.

You lean forward, she leans forward. This happens below conscious thought. It means she is attuned to you.

She remembers the small things.

You mentioned something casually three weeks ago and she brings it up today. She is paying attention in a way that only matters if you matter to her.

Reading the Room in Real Time

01

She is engaged but not escalating.

She enjoys your company but is not sure yet. This is not rejection it is the window where presence and genuine curiosity work. Be more interested in her, not more impressive.

02

She is making it easy for you.

Laughing, physically close, asking questions, creating opportunities. She is interested. The most common mistake here is to overthink it. Be direct. Ask for what you want.



CHAPTER 05 · WHAT SHE ACTUALLY NEEDS

Safety, Respect, and Being Truly Seen

The three things underneath every relationship that lasts.

Strip away the signals, the tests, the patterns and you arrive at three things every woman fundamentally needs from a man she is with:

01**Emotional Safety**

Not the absence of conflict the presence of consistency. She can share something vulnerable without it being used against her later. She can be in a bad mood without you taking it personally. She can disagree with you without it becoming a crisis. Your steadiness is the foundation.

02**Respect That Shows**

Respect is active. It shows up in how you talk about her to others, whether you keep your word, and whether you take her feelings seriously even when you disagree. A woman who feels genuinely respected will go to extraordinary lengths to hold onto that man.

03**Being Truly Seen**

She wants you to know her not the version she presents to the world, but the real one. Ask better questions. Remember what she tells you. Notice when something is on her mind before she volunteers it. Genuine curiosity is one of the most attractive things a man can bring.

"I don't need him to be perfect. I need to know he's paying attention. That he actually sees me , not just what I look like or what I do for him."

Kristi,34 - Sharing My Truth Listener

The man she stays for is not the most impressive one. He is the most present one.

What Keeps Her Choosing You

You are still growing.

She fell for a man going somewhere. Stay in motion. It does not have to be dramatic. It just has to be real.

You fight for the relationship, not in it.

Handle conflict like a partner, not an opponent. He says "I don't like how that felt, can we talk about it?" He repairs. He comes back.

You are her safe place.

She can fall apart with you and trust it will not be used against her. That is not weakness, that is the deepest form of trust a woman can offer.

SUMMARY

The 5 Things to Remember

Print these. Come back to them.

01

SHE IS EVALUATING, NOT PLAYING GAMES

- » Her tests are data collection, not manipulation.
- » Stay grounded and curious -not defensive.
- » Pass by being real, not by performing.

02

MIXED SIGNALS NEED CLARITY, NOT STRATEGY

- » Name what you are seeing, not what you are feeling.
- » Ask once, directly and calmly.
- » Her response tells you everything you need to know.

03

ATTRACTION IS A DIAL, YOU INFLUENCE IT DAILY

- » Over-availability, stagnation, and losing yourself kill it.
- » Direction, standards, and presence build it.
- » It is never too late to change the dynamic.

04

THE MAN SHE STAYS FOR STAYS HIMSELF

- » Keep your identity, your interests, your opinions.
- » Be her safe place and keep your own life full.
- » Show up consistently. That is the whole thing.

The goal was never to figure her out.

It was to show up so fully that the question answers itself.

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