“What To Do If He Stops Calling – and What Not To Do!”

Compliments of

Calling Men

Know When and How To Call the Man In Your Life

The Complete Guide to Calling and Emailing Men

By Mimi Tanner
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You can certainly judge a relationship by the frequency of phone calls!

When you’re seeing him as much as you want to; when he’s regularly initiating contact; when you feel cherished and appreciated, then you know things are going well.

If the calls become much less frequent – or worse, if the calls completely stop – then you have an entirely different situation on your hands.

Something is definitely wrong. Your man is either losing interest in you, or gaining interest in someone else, or both.

When your man stops calling you and emailing you as he was before, it’s a bad feeling. It’s also a reality that must be faced and diagnosed accurately, if you want the best chance for restoring the closeness you had with the man you have been dating.
But women often do not want to see their man’s behavior for what it is.

### Women Go Into Denial When Their Man Stops Calling

It’s very hard to accept the plain and unpleasant fact that this change in your man’s calling behavior almost always means he is **losing interest** in the relationship.

When this happens, women so often say things like, “Things were wonderful between us. Then he stopped calling. What does this mean?”

What does it mean? You won’t have to call in the FBI to figure it out.

You’ll save yourself precious weeks, months, and years of putting your life on hold if you learn to interpret a man’s not calling you (or calling you less) to mean exactly what it does mean: he is moving away from your relationship.

Better to face the facts early and plainly, so you can respond in the way that gives you **the best chance to keep your relationship with him** – if staying with him is what you want.

Otherwise you’ll find yourself calling him to ask him the same question, “What does this mean?” Trust me; that will not improve matters! That’s **not** how to handle this situation.

No relationship stands still. It’s either getting closer or getting farther apart. Your actions will affect the relationship even now, when his interest seems to be waning.
Judge His Feelings By His Actions – Whether He Admits That He’s Losing Interest, or Not!

Your man may not be sure of his feelings just yet. He doesn’t want to hurt your feelings or get into a heavy discussion, either. He may also want to hang on to you to at least some extent. But if you’re smart, you’ll base your opinions entirely on your man’s actions – nothing more and nothing less.

If you don’t, you’ll spend valuable time waiting and waiting with false hope.

You could also change the situation from one where your man was considering backing away from you to a breakup that is now written in stone – if you make the wrong moves now.

You Cannot Force a Relationship By Calling Him

One reason that women want to call men – and are sorely tempted to call their man when they are not hearing from him – is because women think that by calling him, it will maintain their connection with him. It will keep their relationship going. It will make their relationship happen. No calls, no contact = no relationship.

But the problem is that you cannot force a connection and a relationship by making that call, as painful as that can be. Calling him will not make it happen; nor will writing letters or sending emails.

The same goes for sending letters, cards, or emails to your man’s friends or family. Oh, no, there goes another backdoor attempt to sneak our way into his heart – make his family adore us! That will not make him adore us. It may make him want to avoid us even more, since he sees this ploy for what it is.
“Could There Be Another Explanation For His Not Calling Me?”

Dear Mimi,

_Could it be that the guy might be interested in a woman, but is thinking it through when he doesn’t reply to her emails or calls? Should it always mean he isn’t interested? --A._

No, that is just plain old wishful thinking. It’s an example of the denial women go through when a special man in their lives stops calling them.

When it comes to women, men don’t sit around and ponder. They act!

Women sometimes try to interpret an apparent lack of interest as something more positive – in other words, they make excuses for a man’s lack of calls. Women who talk themselves into believing that a man is just “thinking things over” are living in a dream world. What’s worse, they waste valuable time waiting for the man who is not calling them.

**What NOT To Do When Your Man Doesn’t Call**

When your man calls you less, do not respond by calling him more. That’s the exact opposite of what you should do. Instead, follow his lead. Let your own actions be subtly guided by his actions. Adopt a “no-questions-asked” policy.

- Do not ask him why he has not called you.
- Do not ask him why he’s calling you less.
- Do not ask him if things have changed. Obviously things _have_ changed.
- Do not ask him if something is wrong.
If you are already in the habit of not calling him, but instead you let him call you, this will come very naturally to you. The more of a habit this is, the easier this becomes.

Don’t allow your emotions to guide your actions at the time when you feel a precious relationship slipping away. This is the most important time to stay in control of your own responses.

How To “Test” Your Man’s Interest In You

Don’t jump to conclusions every time it takes your man a while to call you. Just because your man is slower to call than you would like him to be, this does not mean that he is losing interest in you. It’s normal to want the relationship to move faster than a man may be ready for. This is why it’s so important to enjoy the moment with your man rather than worry about the future, especially in the early stages of dating.

First, determine if your man is really backing off. If you are not sure, you can “test” your man by contacting him less than you normally would, or by being a little harder to reach when he tries to call you.

If your relationship has already moved past the initial stages to where you are comfortable with calling him when you want to, then a good way to test where things stand is to start calling him just a little less – or even to revert back to how things were when you first started dating – in other words, let him do all the calling for now.

You’ll be happy to hear from him and his calls will always be welcome, but you are giving him space at the same time, whether he is conscious of it or not. If he has been feeling pressure that things are moving too rapidly, the pressure is now off, yet your relationship is still intact.

This in itself may bring some balance back into your relationship. You are practicing the principles in this book of letting him call and pursue you.
Don’t “test” any man often! You’ll rarely need to do this. The calls you are receiving from your man – or not receiving – will always tell the tale of what’s going on in your relationship.

**When the “Test Results” are Dismal**

This woman sensed a lack of interest in her guy, and decided to see if her hunches would prove to be true:

Dear Mimi,

I am in a long-distance friendship and hoping to turn that into a romantic relationship. We have been emailing for months now.

Then I decided to test if he will miss me when I stopped writing. I gave us “distance” for some weeks, and during that time, he did not write me. Four days ago, I resumed contact by sending him an e-card, but he has yet to pick that up. So I followed up with a “hello” email. No reply from him either.

Now I feel stuck and do not know what to do next, short of phoning him. But I feel phoning him may be a little drastic – I have never phoned him before, because we live in different time zones.

Should I continue to email or... is this his way of ending our friendship? I would love to hear your views on this please. Thank you.

Love, “Melissa”

Melissa did something which will save her lots of time and ultimately heartbreak. She tested him to see if he was pulling away. He would have contacted her if things were good between them. Unfortunately, he didn’t – but at least now she knows.

Melissa would not have tested him if she was sure of his feelings. Something told her that the relationship was not as close or as established she really wanted.
But all it takes is one small test of this kind. This brings us to an important principle:

**If ever you send a guy something that he does not respond to, you should not try a second time.** Let your first attempt to contact him be your only attempt.

### Why Repeated Attempts to Contact a Man are a Big Mistake

Melissa’s e-card was ignored – it was not even opened by him. When Melissa followed the ignored e-card with an email, she only reinforced his ignoring her, and made it that much more likely that he would ignore her from now on.

The mistake women often make after their first contact is ignored is to contact a man again! Now he has ignored them not once, but twice. Now it’s official – it’s a pattern on his part that is not likely to change. When women contact a man again when he did not respond to their first attempt, they’ve nailed the final nails in the coffin of their promising relationship.

Why is that true? Psychologists tell us that people tend to behave in ways that are consistent with their recent behavior. When you get a person to take some kind of action, he is extremely likely to continue acting in the same way.

Therefore, the **last** thing you want to do with a man who is ignoring you is to literally **give him yet another opportunity to ignore you again**. You’re virtually guaranteeing that he’ll continue to do so.

Not only that, but you’re becoming a persistent annoyance and are not “getting the hint.”

That’s why the smartest thing you can do when a man is ignoring you is to do **nothing**. No comments, no calls, no disapproval, no taking notice of the ignoring in any way.
When you continue to try to contact a man who is ignoring you, you completely lose your power in the relationship. You are now chasing a man who has dropped you – and that’s a bad position that no person wants to be in.

Every time you leave a new message or send another email to a man who has not responded to your first email, all you do is prolong the agony you may be already feeling.

You were already waiting for him to contact you like he used to do, and that was not happening. He knows it and you know it. But if you leave yet another message or send another email, it’s like allowing the situation to go back to square one. It’s as if his ignoring you all this time no longer matters, since you’ve sent a brand new request for a response from him, instead of letting the silence speak for you.

If you continue to contact a guy who is not responding, you’re still being ignored, but from a fresh new point in time - your latest attempt to hear from him. You may find yourself starting the waiting game all over again, even though you did this to yourself, since he’s still just as gone as he was in the first place. Don’t do this to yourself.

Take the hint quickly. Get the message. Don’t wonder if your email didn’t arrive or his phone was malfunctioning. If by any chance that was the case, you would soon hear from him anyway if your relationship was solid. He’s a man – let him do the pursuing. He will get in touch with you if he is attracted to you – and if he is ready, willing, able, and available for a relationship. He already knows you are interested in him because you have been kind, friendly and warm when you are with him all along.
He Didn’t Respond – What Do I Do Now?

Take heart – there is power even in this situation – the power of not calling him. We’ll discuss what that power means and how it can work in your favor – especially now.

Melissa’s suspicions about her love interest turned out to be correct. But the tough part here for many women is the quandary they feel they are in at this point. They wonder, as Melissa did, what to do next.

There is only one thing you can do here. The guy in question is sending the unmistakable signal that he is not interested - and for women not to take this at face value is nothing less than denial. A man’s lack of response means that he’s moving away from you, and you should interpret any and all lack of response from a man as meaning this. When this happens, an automatic response from you should “kick in.” He’s not contacting you, so respond accordingly.

First, completely cease all attempts to contact him. That is the only chance that he might start contacting you. Do not second-guess yourself. Do not make excuses for his lack of calls. Do not contact his friends or family to ask them if something has happened to him. Do not ask yourself if he is angry with you – if he is, he can still let you know.

He has sent you a message by not calling. It’s your job to listen to this message and accept if at face value. If he wants to get in touch, he will.

If and when you do hear from him, the way you handle your next conversation with him is very important. Later in this book, we’ll discuss how to handle that.

Next, get moving. Start meeting men and women, and start dating new people. Push yourself to do this if you must – because it’s very important, no matter how important this man is to you. In fact, the more important the man is, the more important it is that you make your life as full and vibrant as it always has been.
Men Are Always Aware That They are Not Responding

Women often try to tell themselves (denial again) that their man has somehow forgotten them, or that there is a reason he is not responding.

Men are always aware when they are not calling you. Men do not forget that a woman in their life exists.

Your man is well aware that the longer he takes to get in touch with you, the greater is the risk that you will no longer be available to him – unless you are calling him as though your entire life and emotional well being depends on whether or not he rings you up.

When you accept his lack of calls and accept the change in his behavior, you allow him to live with his actions. You take the pressure of your reaction off him. If he expected you to call and ask what’s wrong, he’ll soon see that this doesn’t happen. He risks losing you. He has to think about you. When you allow this pause in your relationship, you actually increase the chances of hearing from him again.

It’s when you refuse to accept the obvious that you start doing things for him. You become an enabler. You call him to ask what’s wrong. If he knows you’re going to call him every time he stops calling you for a while, then why will he ever need to make the effort? You’ll be like an alarm clock with a lifetime battery.

Let him start wondering about why you’re not responding to the change in his calling patterns. Make no mistake, the change means something’s up – but he’s far more likely to move closer to you again if you stay cool and friendly.

Now is when you experience the power of not calling: let him wonder if you have moved on! Only by not calling him will this be possible.

Also, by not calling him, it’s no longer just he who is not calling. You’ve made the same decision. Your reserve will cause him to question whether it really was such a good idea to let you go. He’ll wonder if you’re now seeing someone else – if you don’t call him now. That’s the power of not calling him.
He Probably Will Call You Again –
If You Don’t Do It For Him

If you don’t hear from him again, this was going to happen anyway, with or without calls from you asking him what happened. This way, you save yourself dignity, you show him that you are not waiting by the phone for him, and you leave the door open for the future.

If and when he calls you later, then it will be your decision whether he’s worth investing your time in.

Here’s the good news – if you do not call him when he seems to have dropped off the planet, he probably WILL call you. Your lack of rushing in to save the situation is what makes this happen.

He knows how to find you.

“But We Had a Disagreement the Last Time I Spoke to Him. Maybe He Thinks I’m Mad At Him!”

The man you want is not going to disappear because he thinks you’re annoyed with him. The ball is in his court. At the very least, give it some time. Give your relationship some breathing room. Give him and yourself credit for being in a vibrant relationship – a little tiff should not have you scrambling for answers or wondering if you terminally offended him.

This does not mean that you expect a man to do all the work, or to kiss your feet, or be the only one who shows attention and affection. It does mean that you have treated your man wonderfully and have been fun to be around, without pressuring him for an early commitment.

If you have been kind, fun, appreciative, and not overly serious, then you have no reason to feel that you’ve done anything to turn him off. It may just be that this relationship has run its course.
“I Can Come Up With a Legitimate Reason to Call Him”

When a guy is not calling, many women try to come up with a reason to get in touch with him. You can always think of some reason to get in touch with anyone. Resist the temptation to do this, because men see right through these excuses. Inventing a reason to call a man only makes matters worse at the exact time when not calling could make matters better.

“What If I Do Something Special For Him? Surprise Him, Send Him a Gift, or Show Up At His Place Unannounced?”

When a man stops returning your emails and calls, often women feel that if they just do something they think is sweet, affectionate, or charming, this will help get their man’s attention again. They think it will bring back to his mind the promising relationship that somehow has lost its footing.

Unfortunately, doing this is usually not a good idea at all. If a man stops contacting you, it is because he his feelings for you are waning or are already gone. If at this point you continue to contact him, then you are sending him the clear - and true - message that you are a lot more interested than he is. This is only going to lessen his desire for you even more.

It’s unwise to send a card, email, or even a text to a man who has been ignoring you. It’s an obvious “Why haven’t you been calling me?” message. A card only serves to remind him that he has no desire to contact you, and what’s worse, it lets him know that you’re waiting and hoping for exactly that from him – proving to him that only one of you is interested, and it’s not him.

E-cards are the worst choice of all. E-cards are even less likely to be responded to than anything else. To respond to an e-card, one has to click on a link and bring up a webpage. This is not always the most convenient thing to do when reading email. It’s something that can be postponed. When you send an e-card or something similar, your man receives an email which says something like this:

“Judy E. sent you an e-card! Get your e-card now by clicking this link!”
This may be a less-than-thrilling event for a guy – unless he is already very much in love with you. *Only send him an e-card if he has sent you one first.*

Mailed cards and letters are not much different. They show your man plainly that you are intent on keeping his attention. They let him know that he’s probably the only man you are interested in. They tell him that you spent a lot of time choosing a card, writing the letter or message, addressing, stamping, sending, and so forth. Now he knows you’re waiting for a response – a response he was already trying to avoid. He sent you that message by **not calling**, and not only are you not getting that message, you’re expecting him to write you a letter or send you a card, or email you to say, “Gosh, thanks for the e-card!!”

Do you really think that kind of response from any man is very likely to happen when he has already stopped contacting you?

Do you really think that an e-card, card, or letter will suddenly make him warm and fuzzy about you again?

**Put Yourself In His Place**

You have no doubt had the experience of knowing a guy who is **crazy** about you - a guy you don’t ever worry about returning his calls because you know that he will definitely call you again if you are forgetful – because he is the one who is really interested, not you.

So, when that kind of guy calls, you don’t get excited at all. More likely, you may be a little impatient because you were in the middle of something, and here this guy is, calling you again.

I know you don’t want to be that person in the life of the man you ARE crazy about. And you certainly don’t want to be a pest.
“But If I Stop Contacting Him Completely, He’ll Think I’m Not Interested!”

Worry not. If a man stops contacting you, you should not be the one to worry about whether you stop contacting him. Don’t worry that he will go away because of that. If he’s attracted to you, he will be calling you soon. He won’t let you get away. Not if he’s truly ready, willing, able, and available for a relationship - and not if he’s the kind of man you want.

Yes, sometimes women don’t call a man, and never hear from him either. They then run into him months later and buy into his excuse that he never called them because he didn’t think they were interested. Yeah, right! That’s just a man saving face – and no man who’s much of a man would ever use that particular excuse.

Don’t ever believe that a man never called you because you didn’t call him first. All men who are truly attracted to you – and who are ready, willing, able, and available for a relationship – will let you know.

Dear Mimi,

There’s this guy, he’s actually one of my customers, whom I’m very interested in. At the beginning, I felt a spark when we met. He kept calling and looked interested in me. He kept coming to my workplace for any reason, and calling me after working hours, but he never asked me out. The phone calls have stopped. He calls our office only occasionally now, but still asks about me.

This month is his birthday, and I want to show him that I care, so I want to send him some flowers. Shall I go ahead, or will that distance him away? I really don’t know what to do to get him. I really, really like him, and I want to have a long-term relationship with him, ending in marriage. Please advise.

Waiting for your reply… -- B.
You should not send flowers to any man who is not actively pursuing you. This would come completely out of the blue, since he has never asked you out and is speaking to you less now than he was in the beginning.

There’s no telling why he never asked you out, but chances are that there was already someone else in his life. Therefore, the reason has nothing to do with you. This man was not ready, willing, able, or available for a relationship at this time.

You’ll probably still run into him, and since your relationship has not even started yet, you might still end up dating him (if and when he is available). However, sending him flowers for his birthday out of the blue, when you and he are not even close friends, would definitely send him a very heavy-duty message. Think how you’d feel if he called you with a very awkward thank-you and told you that he’s already involved with someone.

Your comment that you want to eventually marry him is very premature - you hardly know this man yourself yet. Keep that in mind. If a man thinks you’re already “sold” on him, he doesn’t have any reason to “win your heart.”

When you see him, be friendly but not overly eager. That leaves the door open without putting pressure on him.

FOR MORE INFORMATION ON CALLING THE MEN YOU DATE, READ THE BOOK CALLING MEN BY MIMI TANNER

www.callingmen.com
Some of Mimi’s Books and Programs Include:

Secrets of Flirting with Men: How To Flirt With Any Man on the Planet
www.flirtwithmen.com

Calling Men – The Complete Guide to Calling, Emailing, and Texting the Men You Date
www.callingmen.com

Hard To Get! The Timeless Art of Conquering His Heart
www.playhardtoget.com