

## Man Talk: How sensitive should a man be?

Written by Timothy Houston  
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Relationship expectations are changing with the times. The modern day woman is looking for a man that is sensitive but not too sensitive. How sensitive should a man be? How much emotion is too much? What is the standard a man should aspire to? I believe a man is too sensitive when he is only sensitive to his own needs, and he is not in control of his emotions. If his emotions are the driver of his actions, he can and will not be in tune with you. A good man must be sensitive to the real you. He should know your dreams and encourage them, and he should know your passions and embrace them.

First, good men like good ground are sensitive to the changes that take place in their environment. Change is a part of spiritual, emotional, and natural development. In nature, once you plant a seed, it goes through various stages of change. When the seed is below ground, it needs covering, and when it is above ground it needs support. Every significant change that takes place begins in the heart of the earth. You know you have a good man when he is so tuned into you that the changes that take place in your heart reaches his heart.

Next, good men are sensitive to what you need to be safe and secure. The natural elements can be harsh and severe. The seed must remain in the heart of the soil where it can be protected. There, the seed is sheltered. Good men carry those they love in their heart, protecting and providing for them. This is a requirement from God. "If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever" (1 Timothy 5:8). You know you have a good man when he is sensitive enough to you to know what you need to be so safe in your relationship with him that you are free to be yourself.

Finally, good men are sensitive to what you need to feel supported. He is like the soil that supports and nourishes the plant once it has blossomed. He is not imitated by your success. On the contrary, he welcomes and supports it. Once the plant is exposed, it depends on the soil for

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balance and stability. Good men, like good soil will not let you fall. They will cover you when you are down, and they will support you when you are up. Good men are sensitive and supportive, and able to change when change is necessary.

When is a man too sensitive? A man is too sensitive when his emotions only allow him to be aware to his own needs. This man's sensitivity only focuses inward. A good man must be perceptive enough to be in tune with your needs as well. Your need for support, protection, and acceptance are paramount in his heart. This man is able to change when you change. He laughs when you laugh, sings when you sing, and cries when you cry. He understands your boundaries and respects them. His sensitivity focuses outward. He is aware of the things that take place below your emotional surface. How sensitive should a man be? He should be sensitive enough to really and truly be in tune to the spirit of who you are.

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