



STELLA LE ROY

Stop Being the Man She Only Texts When She's Bored.

Quit chasing replies. Ask for the date. Know when to walk.

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CHAPTER 01

Attention Is Not Attraction.

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Daniel isn't imagining the warmth. She does send the photographs. She does call him cute. She does sometimes write first.

His mistake is more expensive than imagining everything. He takes something real and assigns it a meaning it hasn't earned.

A selfie means she wanted him to see a selfie. A late-night conversation means she wanted that conversation. Neither tells him that she intends to spend Saturday with him.

He keeps promoting evidence. A compliment becomes chemistry. Chemistry becomes potential. Potential becomes a reason to reserve his weekend.

Meanwhile, the question remains untouched: will she meet him?

I would rather you risk one awkward invitation than spend another month congratulating yourself on how well the chat is going.

Look at what each of you gets

Be blunt about it. Perhaps she gets entertainment and reassurance. Perhaps you get sexual excitement and a story to tell yourself before bed. Those can be enough if that is what you want. Daniel wants dates, touch, and a woman in his life. His current arrangement produces none of those.

He is judging the connection by its best ten minutes. He needs to judge it by what it has made possible over five weeks.

Count actions with a cost attached: setting aside time, making a journey, suggesting a workable alternative, keeping an agreement. The cost doesn't need to be money. A real decision occupies space in someone's day.

If the entire romance fits inside your notifications, check how much of it exists outside your imagination.

Why the crumbs feel like a meal

For three days, nothing. Daniel decides he's finished. He stops opening the conversation. He tells his friend she's wasting his time. Then the photograph arrives.

Notice what the message does. It doesn't merely offer pleasure. It ends an unpleasant question, briefly. She remembered him. He hasn't been discarded. Maybe the thing he wanted is still possible.

That relief can feel enormous. He mistakes its size for the size of their connection.

Here's the trap: the silence makes the next warm message feel more significant, while the warm message makes him excuse the silence. He can stay in that loop for months without adding a single date.

There is another reason he avoids asking clearly. A fantasy can survive almost anything except a definite answer. As long as he keeps entertaining her, he can believe he's making progress. If he

asks for Friday and she says no, he has to live in a smaller, less flattering story.

So he calls his fear “taking it slow.”

You may recognize that move. You may have made it yesterday.

Separate excitement from evidence

After a particularly flattering message, don't immediately increase what you give. Don't offer a gift, cancel a plan, or begin an all-night conversation to reward the feeling. Finish what you were doing. Read the exchange again with one question: what has actually changed?

If the answer is “she sent something attractive,” enjoy that fact. Stop adding an imaginary agreement to it.

Stop decoding. Look for movement.

Men can spend an astonishing amount of time analyzing punctuation while avoiding one ordinary question.

“She sent three kiss emojis this time.”

Wonderful. Which day are you meeting?

“She watched my story immediately.”

And your invitation?

“She said she'd love to, but she's so busy.”

Then the arrangement is still unconfirmed. An enthusiastic adjective doesn't book a table.

Sort the signals by usefulness

Pleasant: likes, compliments, suggestive jokes, photographs, quick replies. Enjoy them. They tell you the interaction has some appeal.

Promising: she asks about seeing you, suggests an activity, checks your availability, or proposes a call when distance makes meeting difficult.