

man·thro·pol·o·gy

your guide to the male brain



They may regret that last kiwitini in the morning.

behind THE DRUNKEN “i love you”

He dropped the L-bomb...while wasted. Um, now what?

SO, THAT HAPPENED...

It's Saturday night, and you're at the bar with the guy you've been dating. You've both been partaking in some tequila. Everyone's having a good time. Suddenly—and slurrily—he looks at you with noticeably glossed-over eyes and says those three little words for the very first time: “I love you.” Huh?

DID HE MEAN IT?

It depends—booze affects different men in different ways. It slows down the brain's frontal lobe, which controls judgment and inhibition, so yes—it's possible that he was sharing feelings he didn't have the guts to express without some shots. But when guys drink, they also become more sexually motivated—i.e., his L-bomb could just be his horny subconscious trying to scheme its way into your pants.

COSMOSEXICON

invertebro n :
A wimp who has no backbone and is afraid to step up and defend himself or his girlfriend. <“Last night, this dude starts yelling at me for taking his bar stool. Instead of stepping in and helping me defend myself, my date just stood there. Total invertebro.”>

HOW TO GET THE TRUTH

It's almost impossible to determine the exact degree of truth in your guy's love declaration (science, you've failed us!), but you can still squeeze out some intel. Here's your postmortem plan.

- STEP 1** First, dig deep and ask yourself: Do you want him to mean it? If yes, read on. If no, dismiss his sweeping statement as drunken gibberish, nothing more, and pretend it didn't happen.
- STEP 2** Ask him if he remembers what he said that night. You can do this in person, over text, on the phone, whatever. Just be sure to leave the question open-ended—that way, he's more likely to share his true thoughts. If he admits to saying it but doesn't volunteer an explanation...

- STEP 3** Ask him point-blank if he meant it. Yes, it's blunt, but if you want to know, it's the only way. Remember, it's not like you're asking him apropos of nothing—the words *did* leave his mouth, and you have every right to know if they were legit.

SOURCES: SARAH BENSON, MS, LCSW, AUTHOR OF UNDERSTANDING THE HIGH-FUNCTIONING ALCOHOLIC; SARAH ROSE CAVANAGH, PHD, DIRECTOR OF THE LABORATORY FOR COGNITIVE AND AFFECTIVE SCIENCE AT ASSUMPTION COLLEGE

—ANNIE DALY

MANSWERMETER

HEY, GUYS! WHY DIDN'T YOU CALL OR TEXT HER AFTER SEX?

UNDERSTANDABLE

“I didn't get her off and was embarrassed to show my face after that.”
—Roger H., 28

“She peed in bed afterward. Gross.”
—Henry D., 31

“She shushed me during it because she didn't want her roommates to hear us. I am not a child!”
—Tim P., 30

“She asked me to choke her. Maybe I was too quick to judge, but that's not for me.”
—Sam D., 30

“I got what I wanted and moved on.”
—Mosha R., 24

“She was friends with my ex, so I felt bad and regretted it.”
—Peter M., 29

“She cried during sex, and it scared the crap out of me.”
—Matt W., 26

“She ODed on dirty talk and just wouldn't shut up. What a turn-off.”
—Tyler K., 28

“Her bed was piled high with dolls and stuffed animals...so creepy!”
—Harry S., 30

“Grooming. I take care of stuff down there, and if you don't, there won't be a round two.”
—Rick L., 23

APPALLING

* Names have been changed because it was the only way these guys would give us honest answers.

—A.D. AND L.P.

ANATOMY OF...THE RESURFACING GUY

WHO HE IS The guy who disappears on you after a few great dates, then randomly texts you a few weeks or months later, pretending he didn't ghost you like a total douche.

WHAT'S HIS DEAL? He's cycling through women, trying to keep his options open. He's not into commitment because that means he could miss out on something “better” around the corner. But he wants to keep you in his rotation—on his terms. That, or he tried to get with another girl, struck out, and is running back to you as a backup.

YOUR NEXT STEP If you ask us, this species of guy should be extinct and you should stop responding. If you want to carry on, don't expect to be more than one of his many.

SOURCE: EMILY MORSE, HOST OF SEX WITH EMILY ON SIRIUS/XM SATELLITE RADIO

—LAUREN PANARIELLO

Mental Foreplay, Anyone?

Meet **JASON SILVA**, 31, host of National Geographic's hit show *Brain Games*. Fittingly, he is obsessed with the brain—“It's your sexiest organ!”—and is here to reveal a few Jedi mind tricks that'll heat up any relationship. We're listening! —A.D.

If You've Just Started Dating

Silva's a big fan of philosopher Rich Doyle, who says new couples should “scramble their egos.” Meaning, do things that lower your guard and disarm your self-consciousness. It brings you closer.

So...

Go skydiving or rock climbing together. Thrilling, fear-inducing stuff amps up your adrenaline, which dissolves your walls and turns you both on.

Or...

Reveal your fear of public speaking. Admitting your vulnerabilities makes you seem more relatable, boosting intimacy in you both.

If You've Been With Him for a While

To avoid hedonic adaptation—when your brain adapts to the familiar (your partner) and your senses get less aroused—try new things. Doing so makes your brain fire pleasure hormones.

So...

Watch him make a big presentation. Seeing your guy in his element sparks dopamine in your brain and gives you the hots for him all over again.

Or...

Plan a girls' weekend. Parting ways and thinking about being together later really does make you fonder of someone familiar. Spark, reignited!





Get it
together,
Ray.

BOYFRIEND INTERVENTION

Bringing up a touchy subject with your guy can be tricky—especially when it involves self-improvement on his part. But you do need to take action on occasion (like when he's not living up to his boyfriend potential). Here's how to do it right.

WHEN HE'S GAINED A LOT OF WEIGHT

{ *And You're Getting Turned Off,
Concerned for His Health, or Both* }

FIRST, TELL HIM YOU'RE BUMMED ABOUT HIS BODY.

There are two ways to approach this convo. You can focus on his health and say, "Look, I want to be with a guy who takes care of himself and it seems you're not doing that. *And that's making it harder for me to stay in this with you.*" Or say, "I like you so much, but I realized that I'm less attracted to you lately, and it sucks....I want to want you!" In both scenarios, by being real about it and putting it on you, he'll get the message without feeling like you're being condescending.

But don't
leave him
hanging....

SO ASK HIM HOW YOU CAN HELP. Begin by asking him what's on his mind. He could be feeling anxious at work and taking comfort in food, in which case a simple convo with you could help him get back in check. Option two: *Offer to cook more healthful meals together,* or go to better-for-you restaurants. Finally, suggest active dates. You've already come clean with your feelings—now's the time to help him succeed.

WHEN HE WON'T GET A JOB

{ *(Or Is Underemployed)
and Is Mooching
Off You* }

START BY BRINGING IT UP...

GENTLY. It's best to put the emphasis on you. Say, "I just don't get why you're not trying harder to get a job—

you're so talented! What's going on?"

Complimenting him instead of insulting him will help him open up. See what we did there?

Then remember to...

REINFORCE HIS AWESOMENESS.

It's tempting to do his job searching for him, but don't. That will emasculate him. *Besides, you aren't responsible for him.* Instead, tell him why you think his career path is so cool. He's

more likely to start hunting if he's confident that he'll eventually succeed.

INVITE HIM TO YOUR WORK

HAPPY HOURS. While it's crucial not to act as his recruiter, it's fine to invite him to any networking events that may benefit him. *And bring him into your convos,* so he can talk about his career goals too. Who knows? Sandy in accounting could hook it up!

And finally...

—A.D.

SOURCES: SUSAN ALBERS-BOWLING, PSYD, PSYCHOLOGIST AT CLEVELAND CLINIC, OHIO, AUTHOR OF *EATING MINDFULLY*; RELATIONSHIP EXPERT CHRISTINE HASSLER, AUTHOR OF *20-SOMETHING, 20-EVERYTHING*; JUDY SCHEEL, PHD, LCSW, AUTHOR OF *WHEN FOOD IS FAMILY*