The 5 Types Of Emotionally Unavailable Guys

Joe Amoia
Have you ever been involved with a guy and thought to yourself, “This could be The One, this could be the guy I’ve been looking for?”

And then a short time later you realized he was the one, alright, the wrong one. You soon learned that he was not the guy you thought he was and it left you devastated and depressed.

Devastated because it didn’t turn out to be the relationship you were looking for and depressed because you had to go back to being single and you had to start all over again.

The thought of putting yourself out there and winding up back in the same place again was about as appealing as having root canal surgery without the Novocain. Right?

Well, sorry to say, you're not alone. There are millions of women who have been in your shoes.

And it’s sad, because for most of these women there were signs that the guy wasn’t a good relationship partner.

Now I’m not saying that these signs were there on the first date. A lot of guys are really good at putting on a show and pretending to be something they are not just so they can get a woman to be with them.

I know I’m a guy. I’ve had an up close and personal look at how the members of the male species often operate.

And If I’m completely transparent I’ll admit that there were several times in my single days when I misrepresented myself to a woman.

But that was when I was younger.

There comes a time in guy’s journey when he realizes he has to grow up and be a man. Unfortunately, some guys never get the memo.

Or they get the memo but they choose to ignore it because there are plenty of women out there who allow will them to get away with their selfish and immature behavior.

The purpose of this report is not to bash men. After all, I’m one of them.
I just want you to understand that there are certain types of guys out there who you must avoid if your goal is to have a happy and fulfilling long term relationship.

The better you get at recognizing the red flags that these guys exhibit, the easier it will be for you to navigate the complex world of men, dating and relationships.

Now before I start explaining how to recognize the types of guys who make bad relationship partners I’d like to invite you to take a trip.

I’m going to ask you to join me for a ride in my time machine. We’re going to go back into your past and we’re going to revisit some of your past relationships.

The purpose of this trip is not to make you feel bad or blame you for the way things worked out. It is never my intention to make you or anyone else feel bad.

The sole purpose of this trip is to see where things may have gone wrong.

Tony Robbins, one of my mentors once told me, “Life leaves Clues.”

The best way to find the clues is to look for them. Because they’re always there! The key is just knowing where to look.

So we’re going to start by looking at your past relationships, more specifically, the most recent one where you had your heart broken.

I want you to observe the guy you were involved with.

I don’t want you to see him through your eyes, but through the eyes as a neutral observer. Someone who wasn’t directly involved or emotionally attached.

Were there any red flags? Were there any signs that let you know he wasn’t the “partner” your heart really wanted? And if there were when did you first notice them?

Now if you say, “NO, there weren’t’ any red flags” I understand. In the beginning of a relationship it is easy to get caught up in the attraction and chemistry. The neurons in your brain are hyper-excited and the pleasure center in your brain is lighting up like a billboard in Times Square.

Research has shown in many instances that, the more attracted a woman is to a man the easier it is for her emotions to cloud her judgment, thus it making it more difficult to see the red flags.
So, if you didn’t see the red flags because your hormones were raging and you were blinded by the chemistry, you get a pass.

However, if you are being honest, really honest with yourself, you will see that were some signs, some red flags, that were from the very beginning.

And if they weren’t there from the very beginning, they started showing up in the first few weeks.

But at that time, you didn’t want to see the red flags and if you did you came up with all the reasons and excuses as to why they weren’t so bad.

You didn’t want to acknowledge the red flags and as a result you continued to invest your time, energy and your heart on a guy who could never give you the type of love that you are really looking for.

Please understand that is not my intention to make you wrong or to blame you for the relationship not working out. Lord knows, I was involved in a relationship for three years... **THREE YEARS**, where I ignored the red flags which were flying right in front of my face.

But when I went back on my own little journey and got real with myself I saw that the red flags started appearing within the first few dates.

And you know what’s sad? I ignored the red flags and eventually got engaged to a woman I should have *never started a relationship with!*

My intention with writing this report is not to make you feel bad to get you to beat yourself up for the past.

My desire is to help you shine light on where things may have gone wrong and to use your past to help you develop the skills and strategies to recognize when a guy isn’t a good relationship partner before you give him you heart...and other body parts!

If you’re like most of the members of the GPS for Love community you’re at that stage in your life where you’re tired of selfish, immature and emotionally unavailable guys who don’t know how to love you the way you want to be loved.
You’re tired of wasting your precious time on the guys who wind up letting you down and breaking your heart.

This report will help you learn how to recognize the five specific types of guys who are poor relationship partners.

I want you to be able to recognize a guy who is going to break your heart.

You see, the wrong guy can never break your heart if you never give it to him!

There are very specific signs which will let you know when a guy is emotionally unavailable and when you should avoid getting involved with him.

Now, before we discuss how to recognize these signs I want you to know that there is one essential component we must talk about first... Honesty. Specifically, being able to be honest with yourself.

Because the truth is you can know about the five types of emotionally unavailable guys and you can know how to identify the red flags, but if you continue to ignore the signs, if you continue to make excuses and if you continue to B.S. yourself into thinking a guy will change and things will get better in the future, you will continue to live in denial and you will continue to experience the same type of results you have been getting in your love life.

One of my favorite quotes is Albert Einstein's, "Insanity is doing the same thing over and over again and expecting different results."

If you want to get different results in your love life you must start doing things differently.

Being able to quickly identify the red flags is one of the best things you can do to avoid having your heart broken again.
**The Five Types of Emotionally Unavailable Guys**

**Emotionally Unavailable Guy #1: The Avoider**

Have you ever dated a guy who was very guarded? The type of guy who would clam up every time you tried to get him to talk about his past.

If you tried to ask this guy about his goals or dreams for the future he would change the subject or distract you from getting into his head.

No matter what you said and no matter what you did, you just couldn’t get this this guy to open up and share his heart.

And when you continued to press him he would say thing like, “I don't want to talk about it,” or “Why do we have to talk about it, can’t we just live for the moment.”.

This type of emotionally unavailable guy is The Avoider.

The difference between The Avoider and an emotionally available guy is that the emotionally available guy acknowledges that he has a past and has no problem talking about it.

He also has no problem talking about his future. Whether it is his personal life or his professional life, an emotionally available guy has no problem talking about where he is going or where he would like to be.

At this point in a guy’s life if he’s not mature enough to talk about where he’s been or where he would like to go in his life, you should seriously consider if he would be a good relationship partner.

The truth is we all have pasts and we all have desires for the future. But an “avoider” is afraid to talk about either of these things.

To The Avoider it is much easier to run than it is to confront things openly and honestly.

Any guy who does not acknowledge his past or who is afraid to discuss his future, is clearly showing you that he's not emotionally available and not well-equipped to be your partner.
If you’re dating a guy or in the initial stages of a relationship be very careful of any guy who isn’t willing to openly talk with you about his past or his future.

Open and honest communication between a man and a woman is an essential component of a successful relationship and getting involved with an “Avoider” is like going into the restaurant business with someone who doesn’t know how to cook

**Emotionally Unavailable Guy #2: The Victim**

We all have times in our past where we’ve had our hearts ripped out and broken into a million pieces.

We’ve all been burned, betrayed or hurt by someone we’ve given our heart to.

The problem for the second type of emotionally unavailable guy, *The Victim* is that he can’t let go of the past.

The emotional pain of his past is so fresh or so deep that he isn’t willing to open himself to the possibility of getting hurt again.

So, to mask his pain *The Victim* goes on the offensive and one of the ways he does so is to blame others.

The telltale sign of *The Victim* is the ease at which he blames everyone and everything for his unhappiness.

It doesn’t matter who it is, *The Victim* always finds someone (or something) to blame. And if you’re not careful you’ll be the next person on his list that he points his fingers at.

The one thing that is congruent with all victims is that they fail to take responsibility for the role they play in things.

Failing to take responsibility for his role in his past relationships is one of the ways *The Victim* keeps his game going. Because if he was to take responsibility for the things he may have said and done which contributed to the demise of his past relationships he would no longer be able to play the blame game.

When *The Victim* blames others it gives him a pass from making the necessary changes in his behavior.
It allows him to keep his façade up so he doesn’t have to change and do things differently.

*The Victim* likes playing the blame game because there is a lot of power in it for him.

The most common example of *The Victim* that you will encounter is the divorced man who continues to focus on how he got screwed by his ex-wife.

Instead of taking responsibility for the role he may have played in his marriage not working out *The Victim* tends to blame his ex-wife for failed marriage.

As a result of blaming his ex-wife *The Victim* continues to justify to himself (and others) why the end of the marriage is not his fault.

Unfortunately, a large percentage of divorced men, never emotionally recover from the emotional scars of their divorce and as a result they turn into “Victims” so that they don’t have to open up to the possibility of opening themselves up and getting hurt again.

**NOTE***Ladies, if you are pursuing a man who blames everyone for his problems, especially his ex-wife, do yourself a favor and run for the nearest exit because you’re the next person he is going to blame!**

**Emotionally Unavailable Guy #3: The Wounded Child**

The third type of emotionally unavailable guy, *The Wounded Child* is the guy who has been hurt in his past but unlike *The Victim* his hurt manifests in a different way.

Whereas *The Victim* goes on the attack and blames others, *The Wounded Child* puts up walls, suppresses feelings and avoids intimacy.

It is not uncommon for *The Wounded Child* to withdraw physically and/or emotionally.

*The Wounded Child* is an expert at avoiding his feelings and he does so because it is easier than confronting the pain of the past.
Unfortunately, this approach keeps *The Wounded Child* from opening his heart to love because *The Wounded Child* is afraid that if makes himself vulnerable, like he has in the past, he will get hurt again.

For most men who operate as *The Wounded Child* their wounds originate back in their childhood (hence the name).

The only way *The Wounded Child* can heal his wounds is if he realizes how his behavior is effecting his life and he then does the work to make the necessary changes.

**It is not your job to heal *The Wounded Child*.**

Trying to do so will cause you to learn that the hard way that it is *The Wounded Child*’s responsibility to overcome the pain of his past.

Yes, you can love and support a wounded child as he does the work to heal himself.

But understand, no matter how much you love and support *The Wounded Child*, if he does not do the work his wounds will never heal.

I have seen thousands of women mistakenly believe that their love and sacrifice would be enough to help *The Wounded Child* and sadly, in every one of those cases the woman learned the hard way, it wasn’t true.

Be careful.

*The Wounded Child* will often say he wants to change if faced with the possibility of losing a woman he has strong feelings for. And for a short period of time *The Wounded Child* will change, but sooner or later his unresolved wounds will resurface and he will go back to his old, familiar ways.

**NOTE***If you’re dating a guy and he exhibits tendencies of a Wounded Child, be aware that you’re investing your precious time on a guy who isn’t mature enough to be the healthy relationship partner you would like him to be.**

**Emotionally Unavailable Guy #4: The Stud**

*The Stud* is the guy that most women refer to when they say “MEN.”
*The Stud* is the guy that gives men a bad name.

*The Stud* is the guy who could care less about a woman and her feelings because he sees a woman as a piece of meat and nothing more than an object to satisfy his desires.

The telltale sign of *The Stud* is that he selfish. The world revolves around him and his desires.

*The Stud* is never satisfied and is always looking for something better.

He's a guy that tends to be superficial, narcissistic and critical of a woman when she doesn’t measure up to his juvenile and unrealistic standards.

*The Stud* will never commit to a woman because he does not have the desire to settle down.

He blames his unwillingness to be in a committed and monogamous relationship on his “genes” and his caveman ancestors.

*The Stud* blames his intimacy and commitment issues on the fact that he is a guy, and often uses the excuse, “I’m a guy. That’s just the way we are!”

The *Stud* will also rationalize his selfish desire to avoid commitment and have sex with as many women as he can by referring to the mating patterns of animals in nature.

There is just one problem with his theory.

Human Beings are not animals. We have different brains and different physiologies which make us unique and separate from the members of the Animal Kingdom.

The stories and excuses *The Stud* uses are bullshit! They’re just the way he justifies to himself (and you) so that he can continue behaving the way he does.

It’s bullshit, plain and simple!

Unfortunately, a lot of women are incredibly attracted to *The Studs* and in some cases, it is easy to understand why.
These guys know the game and they know how to tell a woman what she wants to hear. They know how to play off a woman’s fears, insecurities and vulnerabilities and they know how to play into a woman’s deepest desires.

*The Stud* is a charlatan looking to lure women into his web of deceit. He is an expert at manipulation and getting woman to do what he wants.

Being with *The Stud* is like doing drugs. It's an intoxicating feeling and the euphoria of the high is unmatched.

The only problem is that once the emotional high wears off and the woman comes back to earth she realizes that *The Stud* can’t deliver long-term happiness and fulfillment she really is looking for in a relationship.

Sadly, just like a drug addict, some women get caught up in the" fix” of *The Stud* and waste months, years and even decades of their lives being with a guy who will never deliver the type of relationship she really wants.

**Emotionally Unavailable Guy #5: The Coward**

Have you ever been on a date with a guy where you had a great time and at the end of the night the guy looks you straight in the eye and tells you he wants to see you again and then you never hear from him?

How about the guy you were dating where everything was going great (or so you thought) and out of nowhere he disappears without an explanation?

You're left scratching your head, wondering if you said or did something that scared him away.

Well, rest assured. Even if you did something the guy should have been man enough to tell you he wasn’t interested in seeing you anymore.

You see, this guy is the last type of emotionally unavailable guy...*The Coward!*

Unless you are an insecure, desperate woman with baggage oozing out of your pores, the reason the guy disappeared had nothing to do with you and everything to do with him and his level of emotional maturity.

*The Coward* is the guy who's afraid to be honest.
He will look you in the eye and tell you what you want to hear, but when given the opportunity to tell you the truth he will either lie to you or he will run away so he doesn’t have to be honest with you.

Do you know what the irony is?

*The Coward* isn't just being dishonest with you, he's being dishonest with himself because *The Coward* really thinks he’s a man.

Deep down, underneath the façade of a man is, a “boy” who doesn’t have the intestinal fortitude to be honest with you...or himself.

So how do you expect a guy who can't be honest with himself to be honest with you?

You don’t.

And that’s a mistake most women make. You can’t expect a coward to be honest any more than you can expect an infant to drive a car.

There are several versions of *The Coward*.

One version is the guy who just doesn’t have the balls to be honest with you and the second is the guy who is afraid of commitment. This guy is a combination of *The Wounded Child* and *The Coward*.

At the root of his cowardly behavior is a fear being vulnerable and getting hurt.

This type of emotionally unavailable guy is the most dangerous of all because in the beginning he appears to be the perfect guy. He says and does all the right things.

He tells you he loves you and even talks about having a future with you and then, one day, out of the blue he disappears or tells you he’s not ready for commitment.

Underneath the surface *The Coward* is battling his own inner demons.

This why in the beginning *The Coward* will initially appear to be the perfect guy. He will have you convinced you have an amazing guy. He will appear to be everything you’re looking for and then out of nowhere he will turn into somebody completely different.
The reason why *The Coward* suddenly changes has nothing to do with you and everything to do with his unconscious fears.

The stronger and more intense *The Coward’s* feelings are the more his unconscious fears intensify and then one day a switch goes off in his head causing him to change his behavior and run away.

The problem for this type of *The Coward* is that he is not even aware of what is happening. It is his unconscious fears and beliefs which are driving his behavior.

Unless you have a degree in human behavior and human psychology it will be very difficult for you to understand the actions of *The Coward* and that is why so many women struggle when *The Coward* acts the ways he does.

Another example of *The Coward* is the guy who lets a woman walk all over him and take advantage of him.

You’ve seen this guy before.

He’s the guy who is so desperate for female companionship that he will say or do anything to get a woman to be with him.

He’s the guy that a woman often labels as being “too nice”.

To a woman *The Coward* is a desperate, needy guy that has no backbone. AN because he has no backbone he will allow a woman to walk all over him take advantage of him and use him as human doormat.

The last example of *The Coward* is the “Mama’s Boy”

Have you seen the guy who had a strange allegiance to his mother and who had a hard time saying “NO” to her?

Well, that’s the Mama’s Boy.

There comes a time in a Man’s journey when he must learn to switch his allegiance from his mother to his wife/woman.

This emotional maturation process is difficult for some guys and they have a hard time making the transition.

As a result of his failure to stand up to his mother and cut the apron strings *The Coward* never fully complete his transition from “boy” to “MAN”
This often causes a woman who is involved with a mama’s boy to resent him and lose respect for him.

In my research, I have found that amongst the 5 types of emotionally unavailable guys most women have the least amount of respect for *The Cowards*.

Why?

Because to a woman a guy must be a man. A strong masculine figure with strong character and integrity.

When a guy isn’t man enough to exhibit his strong masculine character, it is very easy for a woman to lose respect for him.

In many cases a woman will fall in love with this example of *The Coward* because he appears to be very sensitive and caring. But in the majority of cases the woman realizes that the strong, confident and masculine man she is looking for.

**Summary**

It is important for you to understand that if you're going to have a happy and fulfilling relationship that stands the test of time you must be able to recognize and avoid these five types of emotionally unavailable guys... **AT ALL COSTS!!!**

Pursuing an emotionally unavailable guy and jumping into a relationship with him is like playing with fire and dynamite... It's just a matter of time before it explodes and everything goes up in flames.

What most dating and relationship experts fail to address is that there is this thing called life once you “get the guy.”

Let me ask you this; what good is getting a guy if he is going to be another member of the male species who winds up wasting your time and breaking your heart?

What good is getting a guy if he is going to be the wrong guy?

Do you really need to invest more of your precious time on a relationship that will not be the relationship you really want?

I hope not!
You see, the true test of a relationship is what happens after you get the guy.

If you decide to give your heart to an emotionally unavailable guy it will never turn into the relationship your heart desires.

I don’t care how much you love him, how great the chemistry initially is and how mind blowing the sex is, it will never, let me repeat, never, be the relationship you’re looking for.

So, the best way to avoid a dead-end relationship is to never start one!

I’m telling you this so that you stay away from these types of guys.

There are a lot of good men out there. Guys who are unselfish, mature and emotionally available who would love to be in a relationship with an amazing woman like you.

And believe it or not these guys are just as frustrated in trying to find a good woman as you are in trying to find a good man.

If you want to be with one of these guys it is my suggestion that you stop pursuing and wasting time with guys who are emotionally unavailable.

It is my prayer that this report makes it a little easier for you to learn how to do that.

I wish you all the best!
About Joe

Joe Amoia, is America's #1 Love Life Transformation Specialist.
He is author of the popular blog, GPSForLove.com, which teaches women how to navigate the complex world of men, dating, and relationships and his YouTube channel has been seen by almost 3 million viewers worldwide.

Joe has been an on-going contributor to The Huffington Post, Huffington Post Live, DigitalRomanceTV.com and YourTango.com and he has been featured as a relationship expert on several episodes of the Style Networks, #1 TV series, Jerseylicious.

Joe has a passion for helping others identify, resolve, and overcome the real obstacles which are preventing them from creating the results they are looking for in their love life.

After a 17 year career as a successful Chiropractor, Joe closed his practice in 2010 to dedicate his life to helping others find love, REAL Love, the kind that lasts!

He is happily married to his wife of 15 years, Natalie, and they have three sons.