

COPY & PASTE TEXTS

For When He Is Pulling
Away Or Acting Flaky



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1 You made plans to meet but you're not sure if you are still on for your date because he hasn't texted you to confirm.

This one is so awkward! You explicitly made plans to "meetup on Friday" but as Friday rolls around you're still not sure where or what time. Or maybe you did discuss the details but that was 5 days ago and you're not sure if he still remembers.

What you need to know: It's NORMAL to confirm appointments! When you make an appointment at the doctors office they call you to confirm the day before. When you make plans with your best friend you text them the day of asking if you are still on for tonight. It is NOT needy. If he is not planning on saving the date you need to know so you can make other plans.

TEXT

"Hey Joe are we still on for tonight? :)"

Simple, not needy. The main challenge women have with this is feeling like they are being needy and awkward. Instead of coming from a place of "I hope you still want to see me..." change your mindset to: "I'm a busy lady and I need to know so I can make plans." Don't tell him that of course, that's just how you want to think about it.



He suddenly doesn't have time and is **SUPER** busy.

Maybe he has a legitimate reason for being so busy all of a sudden, like you met during vacation and now you are back to work. Or maybe he is just giving you vague ideas about how 'crazy' everything is right now and how he just can't make time but you know his life circumstances haven't changed much since you first started dating.

What you need to know: I'm sure you've heard this before but it's really true: people make time for what they value. At this point we don't need to hear his reasons for why he can't make ANY time for you. People get busy and that's understandable but we all have time for a 30 minute coffee meet up. If he REALLY has ZERO time for you then he just isn't ready to date you! You don't want that. You want a guy who makes time for you and enjoys spending that time with you.

TEXT

"Hey Joe, I have enjoyed getting to know you over the last few weeks but if you aren't able to find time to hang out that doesn't really work for me. I've had phases of my life where I've been crazy busy too so I understand you need to sort some things out before you're ready to continue dating. Feel free to reach out when you have some more free time ;) "

Your tone is understanding and unattached. When you respond in a hostile way like "IF YOU REALLY CARED ABOUT ME YOU WOULD MAKE TIME" it just makes him feel like you are extremely invested while he is not invested at all. You leave the door open in case he does decide to shape up, but you make the decision to end things for now instead of waiting around and begging him for a date.

Recommended listening: Women's Dating And Confidence Podcast Episode #16: He Doesn't Value Your Time



You can't really put your finger on it, but you feel he is emotionally distant.

This one usually comes up when you are already in a relationship or getting close to it. I always say women have a 6th sense for men pulling away! His behaviors haven't necessarily changed, you're still spending time together, he is still investing, but you can just feel something is different.

What you need to know: This doesn't have to be a big deal especially because he is still investing in you. It's very normal in a relationship for men to pull away from time to time and reestablish their independence.

TEXT

In this situation you DON'T need to say/ text anything.

You simply give him some space by taking time to invest in yourself. Catch up with friends, go to the gym or work on a passion project. He'll come back.

Recommended listening: Women's Dating And Confidence Podcast Episode #6: What To Do When He Pulls Away

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He says he really likes you but there is someone else that he is also interested in and he is having a hard time choosing or doesn't want to fully commit until things are definitely over with the other person.

Maybe he is separated but not divorced, maybe an ex girlfriend is still in the picture. The point is you find yourself unwillingly in a love triangle of sorts.

What you need to know: The longer you wait around trying to be "chosen", the less he respects you and the less likely he is to choose you. In this situation we need to do everything that feels counter-intuitive. Trust me on this one.

TEXT

"Hey Joe, I understand you are in a complicated situation right now. I think it's best you sort that out before we become friends or anything other than friends. I genuinely hope things work out for you two. :) "

Again, the tone we are going with in this text is understanding and unattached. When you decide to walk away, and even encourage him to date the other girl, he will be much more likely to be interested in you, a.k.a the girl who respects herself.



He is texting you but he won't set up a time to meet.

You may meet a guy online and have a great connection through text. It can be a bit confusing when he keeps putting off meeting in person. Is he nervous? Are you being cat-fished? We can't know for sure why he is acting the way he is acting so let's work with what we do know.

What you need to know: Texting is low investment. Low investment doesn't mean it's bad, it just means that you should match his level of investment in terms of how excited you are getting about him and where he is on your list of priorities.

TEXT

"I love having you as my pen pal, but how about we meet in person sometime? :)"

OR

TEXT

"Texting you has been awesome but I'm kinda worried I'm being cat-fished. How about we meet for coffee this weekend? :)"

Keep the good times rollin' with a playful text that nudges him to meet up in person.

Recommended listening: Women's Dating And Confidence Podcast Episode #28: He Keeps Texting Me But Won't Set Up A Date



He keeps cancelling plans last minute for BS reasons.

Sometimes it's like why would you text me and agree to meet up with me if you are obviously not interested in actually getting to know me?! This situation is SO frustrating. Often when we are making plans with a "canceler" they are very vague about when they can meet. They will say things like "Maybe Monday" instead of "How about Monday at 6 pm?"

What you need to know: It's unacceptable for him to cancel last minute for reasons like "I'm tired" ESPECIALLY if you had to reach out to him to find out that he wasn't going to make it and ESPECIALLY if he isn't very apologetic about it.

TEXT

"Hey Joe, would have enjoyed meeting you, but I'm looking to date someone a little more enthusiastic about seeing me. I wish you all the best! :) "

Understanding and unattached. In this text you are showing him that you know not every guy on earth will be crazy about you, but you are only willing to invest more in the guys who are!

Recommended listening: Women's Dating And Confidence Podcast Episode #25: How To Create Standards In Dating



He has to cancel plans last minute due to an “emergency.”

What you need to know: Not all guys are assholes! I know we can get kind of annoyed with guys who cancel on us like in the last situation, but sometimes people really do have to cancel for legitimate reasons like childcare, health, or emergency work situations.

TEXT

“Omg I hope everything is okay! I totally understand. Let me know when you are able to meet up again :)”

If he actually does have an emergency and you respond in a pissed off or passive aggressive way, he will assume you are probably very high-maintenance, uncompassionate, or just generally not a great potential life partner.

If this is repeatedly happening send him this text:

TEXT

“Hey Joe, as much as I would love to get to know you more it seems like something always gets in the way. If things settle down for you in the future let me know and I would be up for grabbing some coffee :)”

Understanding, unattached, AND leaving the door open if things calm down a little in his life.



He's still meeting you but doesn't seem as enthusiastic on dates and isn't putting in a lot of effort to impress you anymore.

What you need to know: This often happens when you spend a lot of time with someone very quickly as you begin dating. To be completely honest, he might be feeling like he is not as into you as he once was. It happens to everyone but we don't know that for sure yet. In this situation we want to show him that we notice when he is not investing as much and at the same time we want to give him some space.

Here's what to say (NOT TEXT):

SAY

"Hey is everything okay with you? You seem a little bit low energy lately."

You should say this in person because if you text it you will literally die from anxiety waiting for him to text back! Lol

He will most likely tell you everything is fine. That's okay. The purpose of saying that to him is just so that he sees that you are aware of his behavior. Now give him some time and space. Reduce texting and time spent together, he needs to see that his actions have a direct influence on your investment in this relationship. When you do this make sure you don't act hostile.

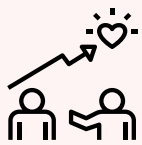
Understanding and unattached, I can't say it enough!

Recommended listening: Women's Dating And Confidence Podcast Episode #19; Is He Into You? Two Ways To Know For Sure

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Questions? Dm me on Instagram: @ambergrubenmann



Thank you!