

How To Tell a Guy To Take it Slow – 3 Relationship Experts Share Exactly What To Do

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~ Unknown

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Consider the following and ask yourself the below questions



Ask yourself, “How do I know I want to slow down?”

- **What are the clues and guidance you are using in this decision?** Is it a gut feeling, are you noticing a red flag, is there something you have learned in your past that is helping to inform this? Whatever they are, honor that they exist – you have every right to make a change.
- **It is important to understand your decision-making process and thinking.** This can give you confidence in your request and conviction to see it through. When you know how you are making the decision, you can articulate that to him and to yourself. Not as an excuse, but as a way to stay grounded in your wants.

Applaud your assertiveness

- You have taken the time to figure out what you want and you’re ready to communicate that. You are not shying away from being honest, and you’re not running away from something you’re enjoying just because you want it to change a little.

What to say to him:

Have a clear ask for what you want so that you are answering:

- *What does slow mean, how would you define it?*

- *How does it practically look?*
- *Do you have a time frame in mind for this current pace?*
- Stay calm. One way to do this is to plan your words beforehand. Rehearse the scene and potential responses he may have. This will help prevent you from saying something that is emotionally charged, or that you regret.

Give context

- **Prepare to explain why you want to slow down.** Help him understand by walking him through your decision. You have also decided to continue seeing him, not just break up, so explain why.
- **Anticipate that he may worry he has done something to upset you, and you can help him see that you made this decision for yourself.** He may become defensive and interpret your request as a critique of him or that he has done something wrong (neither of which may be true). But, it is not your responsibility to soothe his feelings or handle his anxiety.
- **One thing that can help is to mention positives about him,** your relationship, and your thoughts (even hopes) for the future.

Reflecting and learning:

Take a step back and look at the bigger picture, asking yourself questions like:

- *What has the pace of your romantic relationships looked like before?*
- *How satisfied have you been with these paces? Have you taken any action to change the pace?*
- *How were those received?*
- *Do you see any patterns between this relationship and previous ones? If so, is there anything you can learn here?*

By thinking about your actions and history you will develop proactive habits that enable you to live a satisfying life – seeking out what you want and navigating the paths to get there!

Stacey Schwenker, MDiv, LMFT – www.gardencitycenter.org

If you feel rushed, say so, and state what you would like



Is he moving too fast for you? Sometimes, you have to tell a guy how to take it slowly.

This could mean either slowing down your physical relationship or the level of commitment in your relationship.

Slowing down often comes up first in the area of physical intimacy.

Most guys are wired to pursue, and that's normal and healthy. It's a biological imperative – men are wired to pursue, and women are wired to receive.

Take the time and space that you need to get to know someone before you decide that you want to become more intimate.

There are no hard and fast rules about when to become physically intimate, that depends on your own comfort level and also that of your partner.

If you want to slow it down, say so.

It's OK to be direct, as long as you are kind and respectful. It's up to the woman to set the limits and to pace the relationship.

If your partner wants a commitment before you're ready for one, know what is in your heart, and be true to yourself.

If someone is rushing you, that could be a sign of insecurity or desperation, which could later show up as possessiveness and control.

While it is flattering that someone wants all of you right away, be cautious about committing to someone that you don't really know.

You need to be compatible on many different levels in order to have a healthy relationship: emotionally, intellectually, financially, sexually, and spiritually.

Remember that you are always in control of you.

Just like you cannot control other people, other people cannot control you either. It is up to you to decide when you are ready for more commitment and a deeper level in the relationship.

Talk to one another in an honest and vulnerable way, and focus mostly on expressing how you feel, rather than telling the other person what to do.

Intimacy grows when we each take a step forward in sharing who we really are and how we truly feel.

It is built slowly, and takes time. There is no way to rush it.

If you feel rushed, say so, and state what you would like.

Say what you mean, mean what you say, and don't say it mean. You can trust that the right thing will work out when it is meant to.

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Have an open and honest conversation



In a world where we are constantly going as fast as possible in everything, we do sometimes need to slow down and truly put some time and effort into things.

When we meet the man that is attractive that starts the chemistry reactions for us.

We start to play it in our heads as he does – the endless movies we have seen of instantly falling in love and moving at lightning speed.

So how do we overcome those feelings and movie beliefs and have the real conversation about slowing down...

You start in a place where you can actually focus and be quiet to have a real conversation.

Then you start with your reasons for going slowly, be it history, fear, current life requirements and most importantly because you truly want to see if he is the person worth taking the time to get to know and possibly build a future with.

List the positives about this person, why you think he possesses qualities you want to get to know better and what that looks like.

Also have the real conversation about love vs lust and that you want him to get to know you too so that he can decide if you are what he is looking for.

When you move quickly, you run and then often find yourself looking at the fall out you have created and having to have conversations that are uncomfortable and often hurtful.

Why not avoid getting there all together and have honest conversations now about where you want things to go and at real life speed.

After all we do reside in reality not the movies.

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