

Is He Afraid of Commitment Or Just Not Into Me? – 2 Relationship Experts Share Their Tips + Insights

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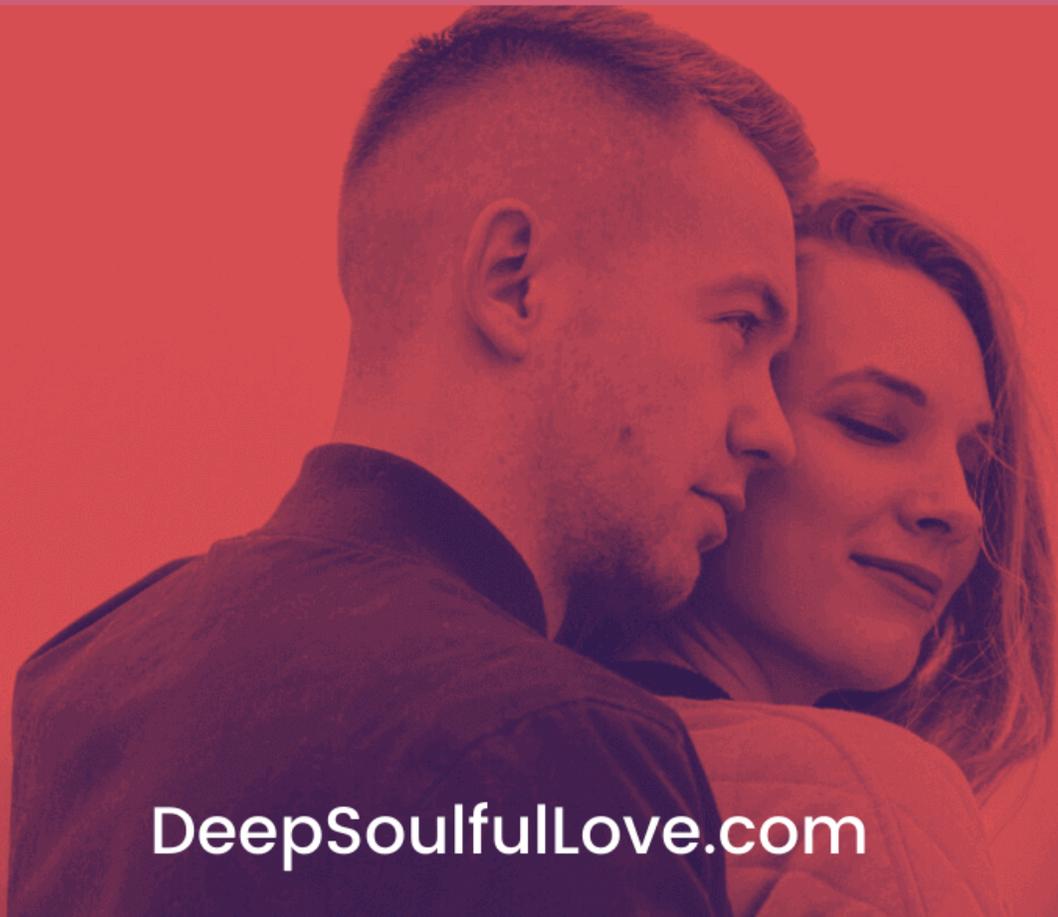


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How do you know whether the man you are dating is afraid of commitment or is just not into you?

If a man is into you, you will know. You will not have to guess.

It will be very clear by his behavior and your gut feeling about what is going on. He will pursue you and try to contact you and see you.

This doesn't mean that he will necessarily overwhelm you with too much contact too soon, but you will have a clear sense that he is definitely interested. If you have to guess whether or not someone is into you, he is not.

Many people have fears about commitment, and trust has to be gradually built in a relationship before taking the next step.

This takes time, and often involves working through conflicts together and reasoning things out. If you are not able to negotiate your conflicts or work out issues that come up, this is not someone that you want to commit to.

Instead of focusing on whether he wants you, ask yourself whether you want him.

Women often get so caught up in trying to please and needing to be wanted, that they forget to ask themselves what they themselves want.

You don't necessarily want someone just because they want you.

It is important that you have your own feelings and standards that are satisfied in the relationship.

Men who are commitment-phobic will often have a history of not having had long or serious relationships, or not having had many relationships at all.

If you find yourself wondering why such a great guy has remained single his whole life, it might be because he doesn't want to commit to a relationship.

This does not necessarily make him a bad person, but if you want a committed relationship, he may not be the one for you. You have different priorities.

There are many men out there who do want a committed relationship, and there will be one who is just the right fit for you.

Pay attention, keep your mind open, and stay true to yourself. The universe will work it out for you.

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It's important that both of you understand what commitment means to the other person



When you're trying to determine if he's committed to you or not, it is most important that both of you understand what commitment means to the other person.

There are many couples out there who do not choose to legally marry because neither of them wants to.

There are many couples who make a conscious decision to wait years before making the decision to become engaged.

In both of these examples, these couples are committed to each other because they are on the same page about where their relationship stands and where it's going.

Commitment means different things to different people and there can be varying expectations about the timing of relationship milestones (and what those milestones are in the first place).

In the early stages of a relationship, one person may be looking for a long-term relationship while the other isn't.

This is not about commitment – this is a situation of wanting different things.

Hopefully, the two of you have talked at some point about what commitment means to both of you and determined if you agree or disagree.

- Are you both ready and wanting an exclusive relationship?
- After you start dating exclusively, do both of you want to get married someday?
- When do you envision this happening?

Though these are serious conversations that don't have to happen right away, you can't determine if someone is committed to you or not until you know the answers about what commitment looks like for them.

There is cause for concern if the two of you have said you're on the same page with what you both want and then...things don't happen.

If you both said you'd like to get married and could imagine an engagement within 3 years of dating and it's been 5 years, that could be cause for concern.

If you both said that you'd like to live together at some point but he's been dodging conversations about taking this step, it could mean something else is going on.

If a relationship is going along smoothly with both people fully invested in their future together, taking further steps towards commitment will not feel like a chore.

You will both know what the other person is wanting and you'll both have a general sense that the relationship is working towards that. If it feels stalled (or especially if it feels like it's going backwards), he's probably not ready to commit to you.

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