Marco Reyes
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Why she *mentions other guys*

What it usually means when other men come up, and how to respond without jealousy.

When another man comes up, the specific story matters less than one thing she's watching: your face. Some women mention other men to see if you feel threatened, some to show they have options, and many just because it's part of their life. Your response tells her whether you know your own value. And if it keeps happening on purpose to hurt you, that's not a test; it's a reason to go.

01 "My ex used to say that."

WHAT'S GOING ON She's comparing, sometimes without meaning to.

DO THIS Don't compete or ask questions about him. Be curious about her, not him.

"Sounds like he had good taste in lines. Anyway, tell me about..."

02 "This guy at work keeps asking me out."

WHAT'S GOING ON She's letting you know she's not short of options.

DO THIS Stay relaxed. Interest from others doesn't threaten a man who knows his value.

"Of course he does. Can't blame him."

03 "My guy friend is coming tonight."

WHAT'S GOING ON She may be checking whether you get jealous or controlling.

DO THIS Be friendly with him. Insecure men try to block; secure men say hello.

"Cool, I'll finally meet him."

04 "Some guy messaged me, so annoying."

WHAT'S GOING ON She wants you to notice that she's wanted.

DO THIS Acknowledge it lightly, don't make it a thing.

"Hazard of being you, I guess."

05 When it becomes a pattern

WHAT'S GOING ON Constant comparisons or flirting with others in front of you is a respect issue, not a test.

DO THIS Name it once, calmly. If it continues, leave.

"I'm not into the comparisons. If you want to be with me, be with me."

MISTAKES THAT COST YOU

- Sulking, quizzing her, or checking her phone.
- Competing: suddenly mentioning women who like you.
- Badmouthing the other guy.
- Confusing "not jealous" with "accepts anything". Calm men still have standards.

THE ONE RULE

Smile, stay curious about her and keep your standards. The man who doesn't flinch is the one she stops comparing.

New guide with every reel on @marco.dates. These are common patterns, not mind-reading: every woman is different, the only way to know is to pay attention and ask, and a clear no is always a no.