

BONUS GUIDE

HOW TO MAKE HIM MISS YOU



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Before You Begin

Missing someone is not created through games or tricks. It is created through space, presence, and a kind of quiet confidence that has nothing to do with playing hard to get.

This guide is not about manipulation. It is about becoming so genuinely full in your own life that your presence feels like a gift, not a given. When you stop overextending yourself to hold his attention, something interesting tends to happen: he starts reaching for it himself.

Read this guide slowly. Each idea builds on the one before it.

01

Why Presence Is More Powerful Than Pursuit

Chasing someone rarely creates longing. It usually creates the opposite. When a person is always available, always reaching out first, always adjusting their plans to fit his, there is little room left for him to miss anything, because nothing is ever absent.

Longing needs space to exist. It cannot grow in a life with no gaps in it. This does not mean playing cold on purpose. It means living a full life of your own, one that does not pause completely every time he goes quiet.

Naomi used to reply to every message within seconds, certain that fast replies proved how much she cared. Only after she slowed down, not out of anger but out of simply living her life, did she notice him starting to reach out more, and more often. The space itself had said something her quick replies never could.

This does not happen overnight. Learning to sit with the discomfort of not chasing takes practice, especially if chasing has become a habit. Start small, with short pauses, and let the results teach you space is safe.

SECTION 01 RECAP

Why Presence Is More Powerful Than Pursuit

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Longing needs room to grow. Give it room.

TRY THIS

Make plans with a friend this week that have nothing to do with him.

Come back to this page anytime you need a reminder.

02

Build a Life That Is Full, With or Without Him

One of the most attractive things about a woman is a life that feels genuinely alive, with or without a man in the picture. Friends, hobbies, goals, and personal growth are not consolation prizes while you wait for him to text back. They are the foundation of a life he wants to be part of.

When your whole world orbits around one relationship, it can start to feel heavy, even suffocating, to the other person. When your world is full and vibrant on its own, being part of it becomes something worth valuing and worth missing.

Bisi rebuilt her weekly painting class after months of letting it slide while she prioritized a new relationship. She was not doing it to win anyone back. She simply missed her own life. Within weeks, the man she was dating began asking more questions about her art, more curious about a woman who clearly had a full world of her own.

A full life also protects you emotionally. If a relationship struggles or ends, a woman with her own friendships and goals has real ground to stand on, rather than an empty space where it used to be.

SECTION 02 RECAP

Build a Life That Is Full, With or Without Him

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

A full life is magnetic. An empty one feels like pressure.

TRY THIS

List three things that are only about you, with no connection to the relationship.

Come back to this page anytime you need a reminder.

03

Give Him Space to Reach for You

If you always initiate, always plan, and always chase, he never has to reach for anything, because you are already there. Try pulling back slightly, not out of anger, but out of self-respect. Let him take a turn planning the next date. Let him text first sometimes, instead of filling every silence yourself.

This does not mean ignoring him or playing cold games. It simply means creating small, natural openings where he has to make an effort, instead of receiving all of the effort from you alone.

Grace realized she had planned every single date in her relationship for three months straight. One week, she simply stopped suggesting plans and waited. It felt uncomfortable at first, but within days, he asked her out himself, with more thought put into it than she expected.

If you try this and he never reaches at all, that itself is useful information. Space reveals effort honestly, in a way constant pursuit from your side never could.

SECTION 03 RECAP

Give Him Space to Reach for You

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

If you never leave space, he never has to reach.

TRY THIS

Let him plan the next date, start to finish, without offering to help.

Come back to this page anytime you need a reminder.

04

Let Silence Do Some of the Work

Silence often feels uncomfortable, so many women rush to fill it, sending extra messages when a reply feels slow. But well-placed silence can do more work than a dozen anxious texts.

When you resist the urge to fill every gap, it gives him room to notice the absence, and to feel it. This is not about punishing him with silence. It is about trusting that not every quiet moment needs to be rescued by your words.

Chidinma used to send a follow-up message any time a text went unanswered for more than an hour. When she finally let a silence sit, uncomfortable as it felt, she noticed something new: he came back on his own, unprompted, curious why she had gone quiet for once.

It helps to keep yourself busy during these quiet stretches, rather than watching the phone. A short walk or a call to a friend can turn uncomfortable waiting into something useful.

SECTION 04 RECAP

Let Silence Do Some of the Work

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Not every silence needs to be filled by you.

TRY THIS

The next time he takes a while to reply, wait at least as long before you reply too.

Come back to this page anytime you need a reminder.

05

Stay Warm, Not Available on Demand

There is an important difference between being warm and being available on demand. Warmth means you are kind, present, and genuine when you are together. Available on demand means dropping everything the moment he reaches out, regardless of your own plans or needs.

You can be deeply warm toward someone while still holding onto your own time and boundaries. In fact, this combination, warmth paired with self-respect, tends to be one of the most attractive qualities a person can have.

Ijeoma once canceled plans with her sister three times in one month because a man she was seeing asked her to hang out last minute. When she finally stopped doing this, keeping her own commitments while staying warm whenever they were actually together, she noticed he began planning further ahead, respecting her time in a way he had not before.

Boundaries like this are not about punishing him. They are about respecting your own time enough that your warmth, when you give it, feels like a genuine choice rather than a reflex.

SECTION 05 RECAP

Stay Warm, Not Available on Demand

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Warmth draws him closer. Constant availability can push him away.

TRY THIS

Notice one moment this week where you can be warm without rearranging your whole day for him.

Come back to this page anytime you need a reminder.

06

The Difference Between Distance and Games

It is important to separate healthy space from manipulative games. Games involve pretending not to care while secretly hoping he notices. Healthy distance involves actually building a full life, with real boundaries, not a performance meant to trick him into chasing you.

Games tend to create confusion and mistrust over time. Healthy distance creates respect and genuine longing, because it comes from a real place, not a script. Choose distance that is honest, not distance that is a mask.

Funke once tried ignoring a man's texts on purpose, hoping it would make him chase her, but the plan felt hollow and eventually caused more confusion than closeness. It was only when she stopped performing distance, and instead genuinely invested in her own real life, that the space she created finally felt honest, and worked the way she had hoped.

A simple test can help here. Ask if you would still make this choice even if he never noticed it at all. If yes, it is healthy distance. If no, it may be a game.

SECTION 06 RECAP

The Difference Between Distance and Games

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Real distance comes from a full life, not a performance.

TRY THIS

Ask yourself honestly if your current distance is coming from confidence or from a hidden game.

Come back to this page anytime you need a reminder.

A Final Word

Making someone miss you was never about becoming unavailable or playing cold. It was always about becoming someone whose presence is felt, because your life is genuinely full and your attention is genuinely valuable.

Build the life. Keep the warmth. Let the space do quiet work in the background. The right person will notice, and he will reach for you, not because you tricked him into it, but because you gave him real room to want you.

With warmth, Dede Okeke