

JAPANESE

Dating and
Marriage Manual
with Japanese
Women



■ Introduction

This manual is designed to help foreign men establish romantic relationships and marriages with Japanese women. Additionally, as a support mechanism, email consultations with a psychologist are available.

By utilizing both this manual and the email support, we hope you will be able to foster a romantic relationship with a Japanese woman.

Generally speaking, there are several points that foreign men should consider when seeking a relationship or marriage with a Japanese woman. Many foreigners find it difficult to deepen their relationship with Japanese women, despite wanting to connect with them.

This is often because many foreign men tend to express their feelings and thoughts directly, which can create a sense of caution or suspicion in Japanese women, who may be hindered by a language barrier.

To Japanese women, the presence of foreigners is a common sight, particularly tourists. However, when a foreigner's attention turns to them, they may unconsciously pull away.

Just as each country has its own culture and customs, so does Japan. If your approach deviates from these customs, it may be difficult to deepen your relationship with a Japanese woman. In other words, first learn about Japanese culture and customs, and then learn about Japanese women. This will bring you one step closer to successful dating or marriage.

For those foreign men who wish to acquire Japanese nationality and reside permanently in Japan, understanding and integrating into Japanese culture and customs is essential. By doing so, you will be able to win the hearts of Japanese women.

From my understanding, Japanese women are more peaceful, kind, and devoted than women from any other country.

The final section of this manual provides specific approaches to dating Japanese women, based on their psychology. These are crucial insights that you may not be able to find on the internet or in books.

We encourage you to use this information to understand Japanese culture and customs, and to address any issues that may arise, one by one.

■ Chapter 1: Understanding Japanese Culture and Customs

The Japanese are an insular people who may avoid foreigners.
A culture of conformity and peer pressure.
A society with gender disparities and gender issues.

■ Chapter 2: The Language Barrier

The Japanese are an introverted people who rely on their language.
A potential suspicion towards foreigners other than Japanese.
A reserved nature that may not readily accept languages other than Japanese.

■ Chapter 3: Characteristics of Japanese Women

Japanese women tend to explore the background of men.
Japanese women value cleanliness.
The "kawaii" (cute) culture.

■ Chapter 4: Impressions and Prejudices Towards Foreign Men

Differences in food culture and the barrier of body odor.
Future anxieties, such as old age.
Awareness of both parties' family relationships and sense of distance.

■ Specific Approaches to Japanese Women

- 1) To connect with Japanese women, start by improving your dietary habits.
- 2) It's advisable to always have a handkerchief with you.
- 3) When speaking to them, use Japanese "words" instead of your native language.
- 4) To connect with Japanese women, approach them in specific communities or events.
- 5) In conversations, start by talking about your own background as much as possible.
- 6) Maintain a certain distance until you enter into a relationship. (Do not hug or kiss until the woman agrees.)

■ Chapter 1: Understanding Japanese Culture and Customs

• The Island Nation Mentality of Japanese People Avoiding Foreigners

Japan is a unique country with a culture and customs that are rare in the world. It is one of the safest, most secure, and most hygienic countries in the world, and at its core, there is a culture of "omotenashi" – hospitality – which means respecting others in the Japanese language. Even within the country, culture and customs vary by region, and this is evident in the food culture as well.

For example, when it comes to living habits, in many countries around the world, people live in their homes with their shoes on. In contrast, almost 100% of people in Japan take off their shoes when they are at home.

This is because the Japanese have a culture of sitting on the floor, and traditionally, Japanese floors were made with "tatami" mats, which are made from dried and processed "igusa" (rush grass) plants. While modern Japanese society has many homes with wooden flooring like in Western countries, the culture of sitting on the floor is still prevalent.

So much so that all Japanese people have experienced living with "tatami" mats at some point in their lives.

The "igusa" plant used in "tatami" mats has antibacterial and sterilizing properties, and new "tatami" mats have a fresh scent that can make people feel the spirit of spring, maintaining a hygienic environment that comforts the hearts of many Japanese people.

Living with shoes on brings dirt and dust into the room, which is something that the cleanliness-sensitive Japanese people cannot accept.

Even in the modern era, where young generations live alone with flooring in their homes, many still have "tatami" mats in their parents' homes. This is the culture that Japanese people live in.

Furthermore, Western culture only began to significantly influence Japan in the 1800s. One of the main reasons that Western culture did not infiltrate Japan before that was because the country's "sakoku" (closed country) policy kept foreigners out of Japan. This policy,

similar to a modern-day law, prevented foreigners from entering Japan.

The differences in language, skin color, and eye color made the Japanese people at the time wary of foreigners. They may have felt fear when seeing foreigners for the first time and held a prejudice that led them to not trust or accept people other than Japanese.

In addition, the imperial court and shogunate that ruled the country at the time refused to accept foreigners, and this attitude permeated the general population.

Unlike countries that are adjacent to each other, Japan is an island nation surrounded by the sea, and its lack of a land border with neighboring countries has led to the development of a unique culture and customs.

In the process of growing to a population of 120 million, Japan has developed its culture and achieved growth. After the end of the Pacific War, although Japan was a defeated country, its culture and customs allowed it to grow independently without seeking cooperation from other countries. This was due to the continued existence of a "monozukuri" (manufacturing) culture. As a result, there was no strong necessity to learn foreign languages. This culture remains as a tradition to this day.

In addition, the lack of conversational skills in English among the Japanese population can be attributed to the failure of school education, which focuses on grammar-centered English education. This has led to an "allergy" to English in modern Japan.

Currently, the number of foreign travelers in Japan is increasing, and the number of young Japanese people who can speak English is gradually growing. However, there are still many Japanese people who feel the language barrier and tend to avoid foreigners. This often leads to a sense of wariness towards foreigners.

In particular, Japanese women tend to be more cautious around foreigners. Although this wariness tends to diminish within certain communities such as business and universities, once outside of these communities, there is a tendency to revert to a mindset of caution and suspicion.

■Japan is a country with a strong pressure to conform.

Japan has a culture of "conformity pressure," which can be described as a desire to engage in "collective behavior."

For example, Japan is the world's largest earthquake-prone country. A recent example is the Great East Japan Earthquake that occurred in the Tohoku region, where a massive earthquake exceeding a magnitude of 7 caused a tsunami, resulting in more than 30,000 casualties. The hearts of the Japanese people were shaken, and they were left in fear and despair.

After the earthquake, the Self-Defense Forces, rescue teams, and local volunteer organizations worked together to distribute water and food to the survivors. Despite the devastating situation, where entire regions were reduced to rubble, there were no riots or panic.

Residents waited quietly in line for their turn to receive aid. This is in contrast to other countries, where panic, theft, and rioting could have easily occurred under similar circumstances. In Japan, when someone starts a line, others naturally follow suit.

This characteristic of being uncomfortable with behaving differently from others may be considered a virtue of the Japanese people. At the time, images of Japanese people waiting patiently in line were broadcast worldwide. While it may have seemed strange to people from other countries, it is a part of Japanese culture.

Another characteristic of the Japanese people is their tendency to keep their thoughts and opinions to themselves. Even if they have their own opinions, they may not express them openly, especially in front of others. They are always conscious of how their words and ideas may affect those around them. While they can express their honest feelings and thoughts to those they are close to, they may still be cautious about how others will perceive them, especially if they do not have a strong relationship with the other person.

This national character can create a distance between Japanese people and foreigners who are more straightforward in expressing their thoughts and opinions. While Japanese people may admire this trait, the cultural differences can be a barrier, especially in relationships or marriages with Japanese women. This information may be useful for future reference.

■Disparities between men and women and the Gender Gap Index issue

The World Economic Forum (WEF) has released the 2023 edition of the "Global Gender Gap Report," which assesses the current state of gender disparities in each country based on data. Japan's gender gap index ranked 125th out of 146 countries, down nine ranks from the previous year (116th out of 146 countries). This ranking is the lowest since the report's publication began in 2006. Looking at the rankings by field, politics was 138th, the lowest class in the world, showing that the gender gap has not been filled.

Iceland ranked first for the 14th consecutive year. However, looking at these numbers, it can only be said to be disappointing. Although it may seem that men and women are equal on the surface, when we look at fields such as politics and economics, a clear gender disparity is revealed.

This proves that there is a significant gap in lifetime wages between men and women.

Currently, the personal assets of Japanese people amount to 1,200 trillion yen. With a total population of 120 million, a simple calculation shows that each citizen has an asset of 10 million yen.

Of course, not all of the younger generation have personal assets of 10 million yen, but compared to other countries, Japan has significantly more personal assets.

Due to the large wage gap between men and women, many Japanese women are proactive in saving and asset management.

Let me tell you about the habits of Japanese women. The society as a whole is male-dominated, and it is difficult for women to advance in society. This is also one of the problems that Japan faces.

In such a social structure, how women can protect themselves and survive is an important question. In times of need, women may not be protected by anyone.

This latent consciousness brings about a sense of caution and suspicion towards society. Therefore, Japanese women may have even greater caution and suspicion towards foreigners.

To clear this consciousness, as a foreign man, it depends on how you treat Japanese women. If you can be considerate and think from a woman's perspective, they will eventually open up to you. For this, understanding Japanese culture and customs is necessary.

Japanese people, regardless of whether they are men or women, are cautious towards people of unknown origin, but once you gain the trust of the Japanese, the subsequent trust relationship increases rapidly. There is such a culture in Japan.

■ Chapter 2: The Language Barrier

■ An Introverted Ethnic Group that Relies on Japanese

There is a tendency among Japanese people to believe that they can live solely using the Japanese language. As I mentioned earlier, one reason for this is that Japan itself is an island country.

Furthermore, within this small island country, there are 120 million citizens, and Japan is also an economic powerhouse. Although its Gross Domestic Product (GDP) has been surpassed by Germany, in a society with 120 million citizens, the economy operates sufficiently domestically.

Of course, there are major companies representing Japan, such as those in the automobile industry that focus on exports, but most industries are domestic, meaning that they can live adequately without international relations.

Naturally, due to the lack of cultural necessity to learn languages other than Japanese, this trend will continue in the future. This is a significant difference compared to other countries.

In the global society, there has been a recent increase in the number of Japanese people interested in English, but many Japanese prefer Japan's unique lifestyle and food culture, and Japan is one of the safest countries in the world.

For example, even if you go to the restroom leaving your smartphone or bag on the table at a restaurant, it is unlikely that your belongings will be stolen.

There is no culture of stealing other people's belongings when an opportunity arises. On the contrary, there is a culture of helping others when they are in trouble.

If someone tries to take away the belongings left on a table, the vigilant eyes of the restaurant staff act as a deterrent to such acts.

Due to Japan's culture and social background, many Japanese people prefer Japan and only a minority want to live outside of Japan.

Given this background, it can be considered that the language barrier will continue to exist for foreigners.

■Japanese Women's Potential Suspicion and Caution towards Foreigners

There are three main reasons why Japanese people tend to avoid foreigners.

The first reason is the language barrier. Most Japanese people do not feel a sense of crisis when it comes to learning languages other than Japanese. The second reason is that Japanese people, as a nationality, are generally not good at communication. Due to their introverted nature, coupled with the language barrier, they tend to be shy and reserved when it comes to communicating with foreigners. Although this is not a positive trend in international society, it is a cultural trait that has taken root in Japan.

The third reason is the presence of tattoos on many foreigners. While tattoos are common in many countries and are understood by Japanese people, the image of tattoos in Japan is strongly associated with anti-social forces such as the yakuza, or gangs in other countries. For example, if a foreign tourist with a tattoo on their arm

is standing in front of them, many Japanese people will have the subconscious thought, "Is this person dangerous?". It is not that they are prejudiced against foreigners, but the presence of the yakuza in Japan unconsciously comes to mind. In Japanese, tattoos are expressed as "irezumi", and there is a tendency to view tattoos as a symbol of someone who is outside of mainstream society. This can lead to feelings of caution and suspicion.

Although this can be interpreted as part of Japan's historical and cultural background, it is true that in recent years, younger Japanese people are becoming more accepting of foreigners with tattoos.

If a Japanese man has a tattoo, even other Japanese people will be cautious. However, if a foreign tourist has a tattoo, it is not as surprising.

For petite Japanese women, the physical size of many foreign men can be overwhelming, as they are often larger than Japanese men.

In terms of forming connections with Japanese women, it is not about prejudice, but it is necessary to be aware that this is part of Japan's history and culture.

■Reserved Nature Preventing Acceptance of Non-Japanese Languages

Japanese people are introverted and reserved. When they make eye contact with strangers, they tend to quickly look away because they are shy.

One reason for this is the language barrier. When approached by a foreigner, the immediate reaction is often to avoid interaction. "What should I do?" is a common thought that runs through the minds of many Japanese people.

It is not that they dislike foreigners. On the contrary, they want to communicate confidently. However, for Japanese people who are not good at communication, the language barrier and unknown background of foreigners make them unconsciously want to avoid interaction. They tend to be cautious and suspicious.

The common sentiment is, "I just want to run away, haha." This is a natural tendency for Japanese people who don't speak other languages. It's not a good thing, but it's important to understand this aspect of Japanese culture.

However, if a foreign man can speak even a few words of Japanese, it can help alleviate some of the anxiety felt by Japanese women. For example, if a man starts speaking fluent English and asks a Japanese woman for directions to Tokyo Station, most Japanese women who don't speak English will avoid making eye contact and try to get away.

On the other hand, if the man starts with a few words in Japanese, such as "excuse me" and "Tokyo Station," it can help the woman feel more at ease. Even if she doesn't fully understand the foreigner's language, she will pick up on the fact that he is lost and needs help.

This simple act of speaking a few words in Japanese can significantly reduce the Japanese woman's cautiousness and make her more willing to help.

This situation is a result of Japanese people's excessive preconceptions. When dealing with reserved Japanese women, overcoming these preconceptions is key.

By understanding that Japanese women tend to be cautious and by speaking a few words in Japanese, you can significantly change the dynamic of the situation.

■ Chapter 3: Characteristics of Japanese Women

■ Japanese Women Seek to Understand Men's Background

A tendency of Japanese women is to explore the background of men. They are very cautious when they do not know a man's background.

While this may be true for women in other countries as well, it is particularly noticeable in Japanese women. There is an unconscious desire to protect themselves, stemming from the social norm in Japan that places women in a weaker position. Unfortunately, Japan still has cultural tendencies that demean women.

For example, in the generation of women considering marriage, many mothers were subservient to fathers, and women were generally considered inferior to men. Women growing up watching their parents often internalized these attitudes.

In Japanese families, it was common to wait for the father to return from work before having a meal together, even if everyone was hungry. Japan also has a tradition of taking baths in bathtubs instead of showers. In this case, the father typically bathes first, followed by the children, and the mother last.

Within a family, it was normalized that the husband is superior to the wife.

Of course, there are Japanese people who only take showers, but most Japanese enjoy spending time in the bathtub in the evening. In families, it is customary for fathers and daughters to bathe together until the child is about five years old as a form of communication.

This may seem strange to people from other countries, but it is a cherished tradition in Japanese culture.

In everyday life, women predominantly do the housework, as they have been historically raised to support men. This mindset is still prevalent today, although younger generations are more inclined to share household duties. Nevertheless, in most Japanese families, women are still predominantly responsible for cooking.

Women of marriageable age in Japan live in this environment, so their expectations for men are strict. In essence, they want to confirm whether they can truly have an equal relationship after marriage.

For example, today's society worldwide has seen a rise in the use of dating apps by men and women seeking love or marriage. Of course, many women in Japan also use these apps.

However, there is a significant difference between Japan and other countries, and this is an important point: when applying for an app, men's information is self-reported, so women's caution is very high.

To be precise, Japanese women also apply and become members of apps, but the actual users after joining only account for about 30% of all registrants.

While matching apps are relatively cheap and can facilitate encounters with men, the initial hurdle is low, but once it comes to actual use, anxiety tends to prevail, and the reality is that not many Japanese women actively use the app.

Currently, the most mainstream method in Japan is the presence of marriage agencies.

I myself run a marriage agency, utilizing my skills as a psychological counselor. The major difference between a marriage agency and a matching app is that both men and women are required to submit official documents upon joining.

For example, ID cards, income certificates, single certificates, and documents proving one's workplace are required, among other things. There are numerous documents to be submitted. The individual's assets and family composition must also be disclosed to the operating company.

These documents are kept confidential by the operating company to protect personal information, so the women do not have access to this information. With the assurance that the men are truly single, have no false information about their income, and have reliable jobs, Japanese women can comfortably enjoy dating male members with marriage in mind. Recently, there has been an increase in foreign men applying for membership.

Although the entry barrier is high, clearing it increases the likelihood of marriage to a Japanese woman.

In the case of a marriage agency, physical relationships during courtship are prohibited, and the man must propose to the woman and greet both families before withdrawing from the agency. If there is to be a relationship between the man and the woman, it will happen afterward.

The man's resolve is constantly being tested.

In the case of a marriage agency, each male and female member is supported by an assigned person. The reason for this strict policy is that there have been increasing cases of men claiming to have the intention of marriage and using that as a means to pursue physical relationships. This policy aims to eliminate the women's anxiety by raising the bar for men.

The cost is also significantly higher compared to matching apps, so men who join are serious about marrying a Japanese woman.

From a female perspective, a man who has cleared all these conditions is a reliable partner. Despite the cost burden on the women, membership in marriage agencies continues to increase year by year.

For men living in foreign countries, the general procedure starts with online communication. There are many foreign men married to Japanese women, and some foreign men acquire Japanese nationality through marriage.

This background helps to understand just how cautious Japanese women can be.

■Japanese women are the epitome of cleanliness.

Japanese women are the epitome of cleanliness. Even as a fellow Japanese, I am constantly amazed by their sense of cleanliness.

This can be attributed to Japan's lifestyle and food culture. For instance, when you visit a restaurant in Japan, you are often provided with water and an "oshibori" as soon as you enter. "Oshibori" in Japanese refers to a wet towel, a small towel that has been dampened and wrung out, provided for customers to wipe their hands before eating. While other countries might also provide some form of a wet towel, Japan takes it to another level by offering towels that are kept at nearly 40 degrees Celsius. This culture of providing hygienic and meticulous service is so valuable that it could even be charged for.

During the hot summer months, people use the clean "oshibori" to wipe their hands and faces, maintaining a clean state before eating.

Japan can be said to be the country that places the highest importance on hygiene in the world. Unsurprisingly, Japanese women are also very sensitive to hygiene.

Firstly, in terms of hygiene, "washlet toilets" have become commonplace in Japan, with an almost universal prevalence rate. Even public restrooms are equipped with these hygienic washlet toilets. It would be hard to find another country as dedicated to hygiene as Japan.

Japanese people traditionally remove their shoes when entering their homes, use "oshibori", bathe twice a day in a Japanese bath, and use washlet toilets, showcasing a national character that places immense importance on hygiene.

While Japanese men are also cleaner compared to men in other countries, Japanese women take cleanliness to another level.

For example, when I support matchmaking at a marriage agency, the first criterion for women when deciding whether or not they want to date a man is his cleanliness. Of course, compatibility and personality are important factors for marriage, but if a man lacks cleanliness, almost 100% of Japanese women will distance themselves from him. Many say this is due to the physical relationship between men and women.

Even though I support these women regularly, they often say that they cannot imagine having sex with a man who lacks cleanliness, no matter how good of a match he is in other aspects. This shows how important cleanliness is for Japanese women when it comes to their male partners.

■ "Kawaii" Culture

Japanese women have a culture of "kawaii." In English, it can be translated as "cute," or it can be expressed as "kawaii" as it is. However, for Japanese women, "kawaii" is not just simply "cute," but it is often used in a broader sense.

It is common to see something adorable and express it as "kawaii." For example, if a muscular and strong-looking man is eating ice cream, that scene appears "kawaii" in the eyes of Japanese women. Similarly, if a male colleague, who is usually seen in a suit, is wearing fashionable casual clothes, Japanese women would describe it as "kawaii."

Rather than purely "cute," there is a tendency to feel "kawaii" in the daily gaps or differences. One of the characteristics of Japanese women is that they will verbally express "kawaii" aloud. For example,

if there are three Japanese women looking at something, they will unanimously say "kawaii" with joy. This act of verbally expressing "kawaii" itself has become a unique culture among Japanese women.

For men from other countries, it might be a peculiar sensation. If a man who is usually seen in jeans and a shirt suddenly wears a stylish suit one day, Japanese women may be surprised by this gap and express it as "kawaii." They may also feel "kawaii" when they see a new behavior or gesture from the man. It is important to be aware of these aspects when interacting with Japanese women.

Understanding this unique culture of Japanese women is a step forward and can be a great starting point for communication with them.

■ Chapter Four: Impressions and Preconceptions about Foreign Men

■ Differences in Food Culture and Lifestyle Habits, and the Barrier of Body Odor

From here on, I would like to share some more realistic details. This is about the image that Japanese women have of foreign men.

First, as I have mentioned earlier, there are concerns about the language barrier and the wariness or suspicion caused by tattoos. However, when Japanese women consider marriage with foreign men, they tend to worry about the differences in food culture and lifestyle habits, as well as the unique body odor of foreigners.

Japan has a certain rate of divorce, but it is not as high as in other countries. In other words, the majority of Japanese women view marriage as a lifelong commitment.

In this process, concerns about differences in food culture and lifestyle habits, as well as body odor, come into play.

First, regarding food culture and lifestyle habits, while in a romantic relationship, both parties can enjoy happy times together. However, after marriage, the daily life of a couple continues.

Here, the concern is whether differences in food culture and lifestyle habits will lead to future problems. Many Japanese women feel anxiety about this.

Japanese people separate love from marriage, so even if they have romantic feelings, they may not choose to get married.

Even if they do get married, they need to be in a relationship where they feel safe and assured that everything will be alright. This is a common point among all Japanese women.

Although differences in food culture and lifestyle habits are natural when both parties are foreigners, what exactly are those differences?
If there are any, what are the specifics?

Can these be discussed and resolved together?

This needs to be clearly communicated by the male side.

Once the Japanese woman feels that she can accept the situation, she can proceed to marry with peace of mind.

Next, let me talk about the body odor of foreign men.

As mentioned earlier, Japanese women are very clean.

To be specific, they have almost no body odor.

This is partly because Japanese people generally have less body odor as a race. Additionally, Japanese food culture plays a role.

For example, in Japanese food culture, there is Japanese cuisine. There is a long-standing culture of consuming fermented foods, which are very healthy. Miso, soy sauce, and tofu are made from soybeans and are now recognized worldwide as healthy ingredients.

Furthermore, Japanese people have a culture of eating raw vegetables. In particular, many Japanese women enjoy eating raw vegetables as "salads". Of course, they also like to eat meat and fish, but they tend to avoid high-calorie meals.

In Japan, there are many convenience stores and shopping centers. When you go to the food section, you will see that most ingredients have their calorie content listed.

Japanese women are conscious of how many calories they will consume by eating these ingredients.

This reflects the high health consciousness in Japanese culture.

As a result of consuming these ingredients, Japanese women have less body odor, and it is even more reduced in the case of women.

In Western culture, perfume spread as a way to mask body odor.

Japanese women also use perfume, but it is mostly for fashion rather than masking body odor because they generally do not have much of it to begin with.

For Japanese women who generally do not have body odor, even the slightest body odor of foreign men can be noticeable.

In the case of Japanese men, some have less body odor due to a healthy diet, while others prefer high-calorie meals and consequently have stronger body odor. As a result, they may be avoided by Japanese women.

In the case of foreign men, different food cultures can lead to different body odors. For example, in Western countries, many people prefer meat-based diets. While this is part of their culture and is not necessarily bad, it can result in body odor that is off-putting to odor-sensitive Japanese women.

Generally, body odor is something that everyone has to some extent. Japanese women may not have much body odor, but they are not completely without it.

That is why they are conscious of other people's body odor. While they may not verbalize this concern as it can be rude, it is important to know that Japanese women are very conscious of body odor.

■Concerns about the future, such as old age

One of the reasons Japanese women worry about marrying foreign men is the concern about the future, such as old age.

For example, when a Japanese woman marries a foreign man, they become a couple, and from that point on, their lives are intertwined. If they live in Japan, the foreign man may obtain Japanese nationality, but employment opportunities for foreigners in Japan are very limited. The social structure does not accept immigrants, so even if he obtains Japanese nationality, it will be quite difficult to find employment due to language and cultural differences.

If the man can work for a foreign-affiliated company, future anxieties can be somewhat alleviated, but if not, how will the man make a living?

Is there any planning involved, and how credible is that planning?
Japanese women feel anxious about these uncertainties.

The idea that they can think about the future after becoming a couple does not apply to Japanese women. Of course, no one knows what the future holds, but a certain degree of planning and foresight is essential when getting married.

After marriage, there is a possibility that the man will return to his home country in the future. This is a concern for Japanese women who want to live in Japan. Also, if the man is a foreigner, what will happen to their pension in old age? These are things that women want to clarify before marriage.

Japanese women are also aware of "child custody." Custody laws differ by country. For example, if a child is born and then the couple divorces, Japanese law provides for "sole custody," where either the father or mother has custody of the child. In the case of international marriage, however, the man's country may have laws that provide for "joint custody."

There have been various problems in Japan in the past. In international marriages where the couple initially had a good relationship, there have been cases where the man returned to his home country after divorce without the consent of the Japanese woman and took the child with him.

If a foreign man takes a child back to his home country without the woman's consent, it is a crime under Japanese law and is considered "abduction." However, once the child is taken back to the man's home country, the law of that country applies, and the child may be considered to have "joint custody." This has caused some degree of trouble because foreign courts apply their own laws.

Even if the marriage was initially happy, if they divorce for some reason and there is a child, depending on the situation, there is a possibility that the woman may not be able to regain custody of her child. Japanese women are aware of this and seek to understand the man's character and background when considering marriage.

It is not that they should doubt the man from the start, but given that such problems may arise in international marriages, some caution towards foreigners is inevitable.

If a foreign man is considering marrying a Japanese woman, it is important to take these factors into account and discuss them with the woman.

The number of international marriages in Japan is increasing year by year, but on the other hand, due to the high divorce rate, women tend to feel anxious. How much the man can alleviate these anxieties during their relationship is up to him.

■Being conscious of the family relationship on both sides and the psychological distance with the parents on the male side

In Japan, the Constitution guarantees that marriage can be established through mutual understanding and agreement, but Japanese women are conscious of the presence of the man's parents when getting married.

For example, in Japanese law, there is something called "Koseki" which is given to each citizen, and this exists as a way to represent one's birthplace. When a woman gets married, she enters the man's "Koseki," which means her last name changes to the man's surname.

I think there are similar practices in other countries, but in Japan, when getting married, the woman greets the man's parents and promises to become part of the man's family in a ceremonial way.

At that time, what becomes a concern is the relationship with the man's parents. It is not just about greeting and ending, but in the case of Japanese women, there is a culture of cherishing and respecting the man's parents, so even if the relationship with the man is good, there is anxiety about whether the relationship with the man's parents will go well.

In the case of foreign men, no matter which country they are from, the man's parents are far away from Japan, so there are various anxieties. Due to differences in language and living habits, there is always uncertainty about whether a good relationship with the man's parents will continue in the future.

Foreign men need to be considerate in such situations.

Even if the purpose is for romance, if the woman is of marriageable age, the woman's psychology is often such that she has marriage in mind.

Therefore, even if the purpose was for dating, it is important to be considerate enough to think about marriage, and only when that consideration is fully in place can one proceed to dating.

The way people behave is formed by the culture and customs of the country where they were born and raised. Even if you think you are approaching correctly, people from different countries may perceive it differently.

If you approach in a way that ignores the other person's culture and customs, even if there was no ill intention, the relationship will not go well.

There is no question of good or bad, and the person who approaches must have the necessary understanding and consideration. Only then can Japanese women accept foreign men.

A slight difference in perception can make things difficult. In a relationship with a Japanese woman, knowing Japanese culture and customs is equivalent to knowing the Japanese people, and thus knowing the characteristics of Japanese women.

Therefore, understanding Japanese culture and customs is very important.

The greatest benefit of this manual and the "email support" available only to purchasers is understanding and correcting the "slight difference in perception" with Japanese women.

For example, even if you study about Japan using textbooks, the "perception gap" is not something you can learn. The fastest and most effective way to deepen a relationship with Japanese women is to have actual contact with them and learn how to bridge the "perception gap."

Even Japanese men have difficulty in relationships with the opposite sex if they do not understand the "perception gap," and they are not popular with women and find it difficult to get married.

This point is the same whether you are a foreign man or a Japanese man. Japan has a government policy of not accepting immigrants, but foreign men from any country can obtain Japanese nationality officially by marrying a Japanese woman.

Therefore, it is most important for foreign men to learn how to clear the hurdles when facing cautious Japanese women.

■ Specific Approaches to Japanese Women

Here, we will share the essential points for approaching Japanese women. The key points are methods to ease the caution of Japanese women and areas of improvement in interacting with them.

■ To establish a connection with Japanese women, start by improving your diet.

As we have mentioned, Japanese women value cleanliness. They are particularly sensitive to body odor. If that issue is not addressed, no approach will be effective.

When a foreign man takes a step towards a Japanese woman, she tends to step back.

As we have mentioned, body odor can be affected by one's diet. So, if you wish to establish a connection with a Japanese woman or deepen an existing relationship, we recommend starting by improving your diet.

Compared to men from other countries, the body odor of Japanese men is not as concerning. However, due to different food cultures, foreign men, especially those from Western countries, tend to have stronger body odor than Japanese men.

Vegetarian men may not need to worry, but since many foreign men are meat-eaters, it's best to improve your diet by incorporating more vegetables.

Among vegetables, leafy greens, in particular, can quickly improve body odor. On the other hand, root vegetables like onions, garlic, and potatoes can worsen body odor.

It doesn't matter whether the vegetables are raw or cooked; the effects are the same.

Some people may notice an improvement in their body odor in as little as two weeks, so please keep this in mind for future reference.

To clarify, we are not suggesting that you must maintain a vegetable-centric diet forever to build a relationship with a Japanese woman. Rather, when establishing a connection, it's important to manage your body odor by improving your diet as a first step.

When it comes to human nature, once a relationship has developed and the distance between a man and woman has closed, a bit of body odor may not be a concern. However, when meeting someone for the first time, a woman may be sensitive to the scent of a man who is an unknown entity to her.

In my support work, I often receive inquiries from foreign men, and many of them are not aware of this issue. Even if the man himself is not concerned, Japanese women may feel uncomfortable, though they may not voice their discomfort.

■It's a good idea to always carry a handkerchief

One characteristic often associated with Japanese people is the use of handkerchiefs. Whether male or female, Japanese people typically carry a handkerchief with them.

There are countries other than Japan where it's common to carry a handkerchief, but the way Japanese people perceive and use them can be somewhat different.

For example, I once lived in Europe and had the opportunity to observe people from various countries. Europeans also carry handkerchiefs, but their usage differs from that of Japanese people.

You might find that during the cold winter months, your nose tends to run. I once worked with a lovely and elegant woman in Europe. One time, she took out her handkerchief and used it to wipe her runny nose, then just crumpled it up and put it in her pocket. While this is certainly a practical use for a handkerchief, it was surprising to me due to the cultural differences in how they are used.

Not all Europeans act this way, but it was indeed surprising. This made me think about the differences in habits between cultures.

In Japan, if someone's nose is running, they typically use a pocket tissue instead. So, what do Japanese women use handkerchiefs for? Mostly, they use them to wipe away tears, and the rest of the time, they just carry them around neatly folded in their pockets.

Often, Japanese women carry around handkerchiefs from famous brands and have as many as 10 or 20 on hand, all kept as clean and neat as when they were first purchased. For Japanese women, the significance of a handkerchief is not so much about its practical use, but more as a reflection of their appearance and manners as Japanese women.

For example, even if you go to a public restroom in a commercial facility in Japan, the restrooms are very sanitary and typically have hand-drying paper available, so there's no need to use a handkerchief.

In some cases, there are even the latest facilities with air dryers for hands in public restrooms.

In any case, it could be said that Japanese people are the most hygienic in the world.

This awareness comes from Japanese culture and habits. But why suggest a handkerchief to foreign men? While many Japanese people recognize themselves as hygienic and clean, there are also many who are not familiar with the cultures and habits of foreign men.

In other words, because they don't understand the background of foreign men's living habits, there can be some suspicion. There is a tendency to see things with preconceived notions because their living habits are different.

However, if a foreign man carries a clean and hygienic handkerchief just like Japanese women do, and can show it to a woman when necessary, it conveys to Japanese women that this foreign man habitually carries a handkerchief and is therefore a clean and hygienic man.

While many foreign men are considerate and know how to escort a woman they are interested in, Japanese women are not just looking for that. More importantly, they want a man who is clean and hygienic.

When interacting with Japanese women, it's important to be mindful of this aspect.

■When speaking, use only "words" in Japanese, not your native language

I have previously explained about the language barrier when relating to Japanese women. The fact is that the majority of the Japanese population cannot speak languages other than Japanese.

In other countries, many people are able to speak English in addition to their official language. However, this is not the case in Japan.

While there are many Japanese people who study English, the majority of the population does not speak English. Therefore, there is a tendency for Japanese people to avoid being approached by foreigners who do not speak their language. As I have explained, whether you are asking for directions or wanting to establish a connection with a woman you are interested in, you should not speak in a language other than Japanese.

Doing so will make you seem intimidating and undesirable to Japanese women who do not understand your language.

The solution to this problem is to use "words" in Japanese.

Japanese is a difficult language, and there are few foreigners who can speak it fluently. However, it does not take much time to remember individual words. Just knowing a few words can make a significant difference when making the first approach. Using Japanese words can help alleviate the apprehension of Japanese women.

For example, phrases like "sumimasen" (excuse me), "hajimemashite" (nice to meet you), "watashi no namae wa XX desu" (my name is XX), "ima, Nihon de shigoto wo shiteimasu" (I am currently working in Japan), "ryokou de Nihon ni kimashita" (I came to Japan for travel), and "arigatou" (thank you) can be helpful. Using just a few appropriate Japanese words in a situation can make Japanese people feel at ease. Even if the subsequent conversation does not proceed smoothly, you can still have a fulfilling interaction using gestures and body language.

Taking the initiative to speak Japanese can remove the wariness of Japanese people.

To establish a connection with Japanese women, you do not necessarily need to be proficient in Japanese. What is important is whether you can overcome the language barrier and make them feel comfortable.

■ To connect with Japanese women, it is important to approach them with in specific communities.

Japanese women tend to be very cautious.

As I have mentioned before, for example, when a foreign man approaches a Japanese woman, she is usually cautious because the man is a stranger, and she does not know his background.

If approached, she may become anxious and quickly distance herself. This is a common occurrence. Why does she distance herself? Because she can.

For example, if she meets a man at a restaurant, she is likely not alone, but rather dining with a group of women. In such a situation, if a foreign man approaches her, he is likely to be seen as picking her up. As a result, the foreign man may be perceived as insincere, and communication can be insufficient.

This is where the importance of "specific communities" comes in.

"Specific communities" can include the workplace, university clubs, or hobbies and classes.

In the same environment, where the same information is shared, Japanese women's caution fades, regardless of who the other person is.

The key point here is to look for communities where women gather.

For foreign men living in Japan, it is easy to find communities where Japanese women gather. For foreign men living abroad who wish to connect with Japanese women, there are now many online communities available. By searching on social media and joining these communities, foreign men can create opportunities to connect with Japanese women.

For example, a foreign man living in Japan once attended a Japanese cooking class, where he met a Japanese woman and later married her.

From the beginning, there was no caution, and even though there was a language barrier, they established a relationship that eventually led to marriage.

The point here is, why was the Japanese woman not cautious of the foreign man?

A foreign man approaching a woman in a restaurant is seen as a stranger whose background is unknown, hence the caution. In contrast, a foreign man attending a cooking class is a member of that community.

In order to join the class, the man would have had to provide information such as his address, contact information, occupation, and email address. The cooking class

administrators would have a record of his identity, making him a known entity to the Japanese women in the class, even if they do not know him personally.

Since the man is known to the administrators, the women in the class will not be cautious of him.

The man is seen as someone who shares their interest in learning to cook, leading to a positive relationship from the start.

Even if the man approaching women in the restaurant and the man attending the cooking class were the same person, the impression he gives to the women would be vastly different.

In this sense, the way the initial approach is made can determine the possibility of establishing a relationship with Japanese women. I would like to convey this point to you.

■In conversation, it is important to start by talking about the man's "background" as much as possible.

For foreign men, it is important to convey as much about their own background as possible in order to alleviate the caution of Japanese women. Without a clear understanding of the man's background, there will be no progress in the relationship between men and women.

Here are two points to note.

The first is about the current background.

Which country are you from?

What is the purpose of living in Japan?

Or, what is the purpose of coming to Japan?

Is it for work or tourism?

What kind of job do you have?

Japanese women are very interested in these things.

Another point is for foreign men who are considering marriage, it is important to disclose what kind of job they have and whether it is stable or not.

Information about income is also of great interest to Japanese women.

Information about the income of foreign men is effective when dating a Japanese woman, so there is no need to disclose it from the beginning.

However, considering the standard of living and future prospects after marriage, Japanese women will test the seriousness of foreign men.

Even if you express love to a Japanese woman who wants to get married, the reaction will be dull. It is of great interest to Japanese women how quickly they can provide information that makes them feel comfortable getting married.

In the case of foreign men, it is also important to provide information in advance about issues such as pensions in old age.

For example, given the current situation in Japan, the rapid aging of the population means that when the younger generation retires, the pension age is expected to rise, and the pension amount is expected to decrease.

The future of Japan's economic situation depends on this, but many citizens are certainly worried about the future.

Japanese women are just as anxious about the future as Japanese men who work in Japan. Of course, they are anxious about the old age and pension of foreign men whose background is not visible.

They want to know that.

The reason why marriage agencies in Japan are favored by Japanese women is because the professions and incomes of male members are disclosed as public information that female members can check from the beginning.

In the case of a matching app in Japan, the public information is self-reported, but in the case of a marriage agency, submission of official documents for verification is required, so this is the only source of reassurance for Japanese women.

In order to enhance the relationship with Japanese women, it is important to convey the correct information that women prefer, so that the seriousness of men is conveyed to women.

To dispel future economic anxieties, the man must show a concrete future plan. Future plans are just plans, and of course, things may not go as planned over a long life.

However, if you are considering marrying a Japanese woman, you need to show that you are serious.

■Maintain a certain distance until you start dating

When it comes to relationships with Japanese women, it is important to "maintain a certain distance" until you start dating. Japanese people are shy, and they have a strong sense of embarrassment as a national characteristic.

While this is part of Japanese culture, in Western countries, there is a custom of hugging as a sign of affection, whether with the opposite sex or the same sex. In close relationships, they might even kiss.

However, since Japanese people don't have such customs, if a foreign man hugs a Japanese woman as a greeting to show his affection, the Japanese woman might be surprised.

She won't dislike the foreign man because of that, but she might unconsciously brace herself.

The Japanese culture avoids skin-to-skin contact with others.

For Japanese women, a kiss, and even a hug, are usually unthinkable unless it's a special relationship.

For example, in a romantic relationship where the couple is physically intimate, Japanese women are comfortable with kissing and hugging, but if the relationship hasn't progressed to that point, caution is needed.

Even if the relationship has progressed significantly, like Westerners, they don't prefer kissing or hugging in public, so men need to be considerate of that.

If you approach her incorrectly, she might think you are "too pushy", so while it depends on the situation, delicacy is required.

As far as I know, Japanese women are the most cautious people in the world, but conversely, no matter how cautious they are, if you sincerely provide the correct information, that sincerity will surely be conveyed to the woman.

Psychologically, no matter what country the person is from, even in relationships with different cultures and customs, what moves the other person's heart is not the words, but the attitude, sincerity, and behavior towards the other person.

Regardless of language barriers or anything else, if your feelings are genuine, you will naturally be able to behave correctly.

To capture the heart of the person in front of you, you first need to change yourself. That changed appearance and attitude will move the other person's heart.

I think this is universal.

I hope you will not forget that.

■Summary

This manual provides information as a dating guide with the prospect of marrying Japanese women. While there are many differences in cultural sensibilities and customs, foreign men can benefit from learning and adapting to these nuances. However, it's important to acknowledge that even slight differences or misunderstandings can sometimes hinder progress.

To supplement this manual, exclusive email support is available to those who purchase it. This support is meant to address individual concerns and questions to help bridge any gaps or overcome challenges in real-life situations.

This manual will be released simultaneously in 50 countries worldwide, available in three languages: English, Chinese, and Korean. The email support, however, can be provided in your preferred language.

Whether you are currently seeking a relationship with Japanese women or aiming to establish connections with them in the future, our specialized counselors are here to assist you based on your unique circumstances.

By utilizing both the manual and email support, we hope that you can make significant strides in your pursuits.

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