Q: I'm really into this guy and we've been going out casually for two months. He hasn't said anything about getting serious and it's driving me crazy that he introduces me as his "friend". How will I know if he's ready to commit?

→ It strikes me that your guy suffers from an affliction I call "Minimal Momentum" - the drive to find that perfect equilibrium between just enough effort to keep things moving while expending the least amount of energy. He also appears to be a fervent devotee of the "Option". In other words, you've started seeing a guy who has got you on a casual basis and is happy to let that continue indefinitely. Introducing you as his "friend" does two things: It lets you know that he is perfectly aware that your relationship is casual, and lets everyone else know that he still has, er... options. But before you fly into a rage, know that this is a common practice among men, and we only need a bit of clever manipulation to come around to the idea of committing to a relationship. Start introducing him as your "friend" to other guys, and stop answering his calls. Believe me, he'll raise the question before you do. If he doesn't, well, then it's time to make new friends.

→ Don't think the worst yet. Maybe he's just not sure about you or himself. Have you tried asking him about it? Try not to speak in a language that only women understand. A simple "how do you feel about us now, and where do you see us heading?" will suffice. Take the answer for what it is and don't try to read deeper or analyse it. Don't overestimate us men, we're actually not capable of that advanced a level of thought. And you may not get an immediate answer; guys are bad liars and good procrastinators. Or he could be shy or simply not ready for a relationship, but at least it's out on your part, and there's no shame in that. In fact, he may appreciate you making it clear. If he's sincere, he'll respond and if he isn't, he knows you're on to his game. If he proves to be a player, move on. Some people never grow up.

→ You'll know when he knows. Three possibilities: 1) If you've had sex and he's still calling you a friend, you've already lost this one. Better luck next time. 2) If he's shy, he could be a slow mover. As long as there's steady progress, give him another month. 3) Or he could be undecided. Perhaps there's someone else he likes even more but she's currently unattainable, and he's waiting on her just like you're waiting on him. If that's the case, you need to make yourself less available. If you've been agreeing to meet every time he calls, stop. Don't answer your phone or IM your replies immediately the next time he tries to make contact. Go on a date with someone else. If he's got any real interest in you, he'll know to take it to the next level.