

Ways Men Offend Their Wives

- ☐ Ignoring her
- ☐ Not valuing her opinions
- ☐ Showing more attention to other people than her
- ☐ Not listening to her or not understanding what she feels is important
- ☐ Closing her out by not talking or listening to her (the silent treatment)
- ☐ Being easily distracted when she's trying to talk
- ☐ Not scheduling special time to be with her
- ☐ Not being open to talk about things that you do not understand
- ☐ Not being open to talk about things that she does not understand
- ☐ Not giving her a chance to voice her opinion on decisions that affect the whole family
- ☐ Disciplining her by being angry or silent
- ☐ Making jokes about areas of her life
- ☐ Making sarcastic statements about her
- ☐ Insulting her in front of others
- ☐ Coming back with quick retorts
- ☐ Giving harsh admonitions
- ☐ Using careless words before you think through how they will affect her
- ☐ Nagging her in harshness
- ☐ Rebuking her before giving her a chance to explain a situation
- ☐ Raising your voice at her
- ☐ Making critical comments with no logical basis
- ☐ Swearing or using foul language in her presence
- ☐ Correcting her in public
- ☐ Being tactless when pointing out her weaknesses or blind spots
- ☐ Reminding her angrily that you warned her not to do something
- ☐ Having disgusted or judgmental attitudes
- ☐ Pressuring her when she is already feeling low or offended
- ☐ Lecturing her when she needs to be comforted, encouraged, or treated gently
- ☐ Breaking promises without any explanation or without being asked to be released from the promise
- ☐ Telling her how wonderful other women are and comparing her to other women
- ☐ Being disrespectful to her family and relatives
- ☐ Coercing her into an argument
- ☐ Correcting or punishing her in anger for something for which she's not guilty
- ☐ Not praising her for something she did well, even if she did it for you
- ☐ Treating her like a little child
- ☐ Being rude to her or to other people in public, like restaurant personnel or clerks
- ☐ Being unaware of her needs

- ☐ Being ungrateful
- ☐ Not trusting her
- ☐ Not approving of what she does or how she does it
- ☐ Not being interested in her own personal growth
- ☐ Being inconsistent or having double standards (doing things you won't allow her to do)
- ☐ Not giving her advice when she really needs it and asks for it
- ☐ Not telling her that you love her
- ☐ Having prideful and arrogant attitudes in general
- ☐ Not giving daily encouragement
- ☐ Failing to include her in a conversation when you are with other people
- ☐ Failing to spend quantity or quality time with her when you're at a party
- ☐ "Talking her down" - continuing to discuss or argue a point just to prove you're right
- ☐ Ignoring her around the house as if she weren't a member of the family
- ☐ Not taking time to listen to what she believes is important as soon as you come home from work
- ☐ Ignoring her at social gatherings
- ☐ Not attending church as a family
- ☐ Failure to express honestly what you think her innermost feelings are
- ☐ Showing more excitement for work and other activities than for her
- ☐ Being impolite at mealtime
- ☐ Having sloppy manners around the house and in front of others
- ☐ Not inviting her out on special romantic dates from time to time (just the two of you)
- ☐ Not helping her with the children just before mealtimes or during times of extra stress
- ☐ Not volunteering to help her with the dishes occasionally or with cleaning the house
- ☐ Making her feel stupid when she shares an idea about your work or decisions that need to be made
- ☐ Making her feel unworthy for desiring certain furniture or insurance or other material needs for herself and the family
- ☐ Not being consistent with the children; not taking an interest in playing with them and spending quality and quantity time with them
- ☐ Not showing public affection for her, like holding her hand or putting your arm around her (you seem to be embarrassed to be with her)
- ☐ Not sharing your life with her, like your ideas or your feelings (e.g. what's going on at work)
- ☐ Not being the spiritual leader of the home
- ☐ Demanding that she submit to you
- ☐ Demanding that she be involved with you sexually when you are not in harmony
- ☐ Being unwilling to admit you were wrong
- ☐ Resisting whenever she shares one of your "blind spots"
- ☐ Being too busy with work and activities

- ☐ Not showing compassion and understanding for her and the children when there is real need
- ☐ Not planning for the future, making her very insecure
- ☐ Being stingy with money, making her feel like she's being paid a salary and not much at all
- ☐ Wanting to do things that embarrass her sexually
- ☐ Reading sexual magazines in front of her or the children
- ☐ Forcing her to make many of the decisions regarding the checkbook and bills
- ☐ Forcing her to handle bill collectors and overdue bills
- ☐ Not letting her lean on your gentleness and strength from time to time
- ☐ Not allowing her to fail - always feeling like you have to lecture her
- ☐ Refusing to let her be a woman
- ☐ Criticizing her womanly characteristics or sensitivity as being weak
- ☐ Spending too much money and getting the family too far into debt
- ☐ Not having a sense of humor and not joking about things together
- ☐ Not telling her how important she is to you
- ☐ Not sending her special love letters from time to time
- ☐ Forgetting special dates like anniversaries and birthdays
- ☐ Not defending her when somebody else is complaining or tearing her down (especially if it is one of your relatives or friends)
- ☐ Not putting your arm around her and hugging her when she's in need of comfort
- ☐ Not bragging to other people about her
- ☐ Being dishonest
- ☐ Discouraging her for trying to better herself, either through education or physical fitness
- ☐ Continuing distasteful or harmful habits, like coming home drunk
- ☐ Not treating her as if "handle with care" were stamped on her forehead Ignoring her relatives and the people who are important to her
- ☐ Taking her for granted, assuming that "a woman's work is never done" around the house
- ☐ Not including her in future plans until the last minute
- ☐ Never doing little unexpected things for her Not treating her like an intellectual equal
- ☐ Looking at her as a weaker individual in general
- ☐ Being preoccupied with your own goals and needs, making her feel like she and the children do not count
- ☐ Threatening never to let her do something again because she made some mistake in the past
- ☐ Criticizing her behind her back (this is really painful for her if she hears about your criticism from someone else)
- ☐ Blaming her for things in your relationship that are clearly your failure
- ☐ Not being aware of her physical limitations, treating her like a man by roughhousing with her or making her carry heavy objects

- ☐ Losing patience or getting angry with her when she can't keep up with your schedule of physical stamina
- ☐ Acting like you're a martyr if you go along with her opinions
- ☐ Sulking when she challenges your comments
- ☐ Joining too many organizations which exclude her and the children
- ☐ Failing to repair items around the house
- ☐ Watching too much TV and therefore neglecting her and the children
- ☐ Demanding that she sit and listen to your point of view when she needs to be taking care of the children's needs
- ☐ Insisting on lecturing her in order to convey what you believe are important points
- ☐ Humiliating her with words and actions, saying things like "I can't stand living in a pigpen"
- ☐ Not taking the time to prepare her to enjoy sexual intimacy
- ☐ Spending money extravagantly without helping those less fortunate
- ☐ Avoiding family activities that the children enjoy
- ☐ Taking vacations that are primarily for your pleasure, like fishing or hunting, while preventing her from shopping and doing the things she enjoys doing
- ☐ Not letting her get away from the children just to be with friends, go shopping for special items, or have a weekend away with her friends
- ☐ Being unwilling to join her in the things she enjoys like shopping, going out for coffee and dessert at a restaurant, etc.
- ☐ Not understanding the boring chores a housewife does: like picking up clothes and toys all day long, wiping running noses, putting on and taking off muddy boots and jackets, washing and ironing, etc.

100 Ways to Love Her – Her Way

- ☐ Communicate with her; never close her out
- ☐ Regard her as important
- ☐ Do everything you can to understand her feelings
- ☐ Be interested in her friends
- ☐ Ask her opinion frequently
- ☐ Value what she says
- ☐ Let her feel your approval and affection
- ☐ Protect her on a daily basis Be gentle and tender with her Develop a sense of humor
- ☐ Avoid sudden major changes without discussion and without giving her time to adjust
- ☐ Learn to respond openly and verbally when she wants to communicate)
- ☐ Comfort her when she is down emotionally. For instance, put your arms around her and silently hold her for a few seconds without lectures or put-downs
- ☐ Be interested in what she feels is important in life

- ☐ Correct her gently and tenderly
- ☐ Allow her to teach you without putting up your defenses
- ☐ Make special time available to her and your children
- ☐ Be trustworthy
- ☐ Compliment her often
- ☐ Be creative when you express your love, either in words or actions.
- ☐ Have specific family goals for each year Let her buy things she considers necessary
- ☐ Be forgiving when she offends you
- ☐ Show her you need her
- ☐ Accept her the way she is; discover her uniqueness as special
- ☐ Admit your mistakes; don't be afraid to be humble
- ☐ Lead your family in their spiritual relationship with God
- ☐ Allow your wife to fail; discuss what went wrong, after you have comforted her
- ☐ Rub her feet or neck after a hard day
- ☐ Take time for the two of you to sit and talk calmly
- ☐ Go on romantic outings
- ☐ Write her a letter occasionally, telling her how much you love her
- ☐ Surprise her with a card or flowers
- ☐ Express how much you appreciate her
- ☐ Tell her how proud you are of her
- ☐ Give advice in a loving way when she asks for it
- ☐ Defend her to others
- ☐ Prefer her over others
- ☐ Do not expect her to do activities beyond her emotional or physical capabilities
- ☐ Pray for her to enjoy God's best in life
- ☐ Take time to notice what she has done for you and the family
- ☐ Brag about her to other people behind her back
- ☐ Share your thoughts and feelings with her Tell her about your job if she is interested
- ☐ Take time to see how she spends her day, at work or at home
- ☐ Learn to enjoy what she enjoys
- ☐ Take care of the kids before dinner
- ☐ Help straighten up the house before mealtime
- ☐ Let her take a bubble bath while you do the dishes
- ☐ Understand her physical limitations if you have several children
- ☐ Discipline the children in love, not anger
- ☐ Help her finish her goals - hobbies or education
- ☐ Get rid of habits that annoy her Be gentle and thoughtful to her relatives
- ☐ Do not compare her relatives with yours in a negative way
- ☐ Thank her for things she has done without expecting anything in return
- ☐ Do not expect a band to play whenever you help with the housekeeping

- ☐ Make sure she understands everything you are planning to do
- ☐ Do little things for her - an unexpected kiss, coffee in bed
- ☐ Treat her as an intellectual equal
- ☐ Find out if she wants to be treated as physically weaker
- ☐ Discover her fears in life
- ☐ See what you can do to eliminate her fears
- ☐ Discover her sexual needs
- ☐ Ask if she wants to discuss how you can meet her sexual needs
- ☐ Find out what makes her insecure
- ☐ Plan your future together
- ☐ Do not quarrel over words, but try to find hidden meanings
- ☐ Practice common courtesies like holding the door for her, pouring coffee
- ☐ Ask if you offend her sexually in any way
- ☐ Ask if she is jealous of anyone
- ☐ See if she is uncomfortable about the way money is spent
- ☐ Take her on dates now and then
- ☐ Hold her hand in public
- ☐ Put your arm around her in front of friends
- ☐ Tell her you love her - often
- ☐ Remember anniversaries, birthdays, and other special occasions
- ☐ Learn to enjoy shopping
- ☐ Teach her to hunt and fish or whatever you enjoy doing
- ☐ Give her a special gift from time to time
- ☐ Share the responsibilities around the house
- ☐ Do not belittle her feminine characteristics
- ☐ Let her express herself freely, without fear of being called stupid or illogical
- ☐ Carefully choose your words, especially when angry
- ☐ Do not criticize her in front of others
- ☐ Do not let her see you become excited about the physical features of another woman if that bothers her
- ☐ Be sensitive to other people
- ☐ Let your family know you want to spend special time with them
- ☐ Fix dinner for her from time to time
- ☐ Be sympathetic when she is sick
- ☐ Call her when you are going to be late
- ☐ Do not disagree with her in front of the children
- ☐ Take her out to dinner and for weekend getaways
- ☐ Do the little things she needs from time to time
- ☐ Give her special time to be alone or with her friends
- ☐ Buy her what she considers an intimate gift

- ☐ Read a book she recommends to you
- ☐ Give her an engraved plaque assuring her of your lasting love
- ☐ Write her a poem about how special she is