

# IMPROVE YOUR MARRIAGE

TIPS FOR HUSBANDS & WIVES

The very best gift you can give to one another is not something you can buy in a store and is exactly what your husband or wife deeply desires:

**THE GIFT OF YOU!**

## TIPS FOR HUSBANDS

TIP	WHY THIS IS IMPORTANT	DON'T DO THIS	DO THIS
SHARE YOUR EMOTIONS.	Wives feel deeply connected to their husbands, when they learn and hear what is going on inside him. She desires VERBAL attention.	Grunting or only using one of two words while talking to your wife. Don't always be talking about your work or sports.	At least 1x/day (even if it's just 5 min) tell your wife how you FEEL. (If you need help, download a list of emotions). Use "I" statements. Ex. "I feel hurt when you roll your eyes when I explain something that bothers me."
SHOW HER THAT SHE IS A PRIORITY TO YOU.	To most women, the need to feel like a priority to their husbands is a central core need.	Don't dismiss her comments. Don't get defensive. Don't make excuses.	Put down your phone and talk to your wife. Give your wife your undivided attention and ask this question (and LISTEN to her): 1.What do I do, or can do, that would make you feel like a priority?
SHOW HER YOU LOVE HER BY HOW YOU COMMUNICATE WITH HER.	Healthy communication is the key in any marriage. Your words, tone, & body language are the vital to your wife feeling loved.	For the month of February, do not criticize, judge, or be negative with your words to your wife.	Every day find at least one positive thing to say to your wife to build her up and encourage her. When your wife is sharing something with you, avoid problem solving and just simply LISTEN to her.

## TIPS FOR WIVES

TIP	WHY THIS IS IMPORTANT	DON'T DO THIS	DO THIS
GIVE HIM SPACE TO "FIGURE IT OUT."	In general, men process information differently than women and need more time to think about a situation.	Don't nag, pursue, or push him to try & get him to respond to you. The more you pursue him, the more likely he is to shut down.	When you ask your husband what he is thinking about, and he says "I don't know" he really means he doesn't know. Give him some time and space and ask to come back in an hour to talk.
HE NEEDS YOUR RESPECT MORE THAN YOUR LOVE.	Men usually believe and know that their wives love them but may not be so sure that they "like" them.	Be careful your husband won't misinterpret your words as negative, or disrespectful. Watch your words, thoughts, and behavior this month.	Ask your husband this question: What can I say or do that would make you feel respected as my husband?
HE NEEDS TO KNOW YOU BELIEVE IN HIM.	Most men didn't grow up being valued & affirmed by their dads. Because of this, they continually need to know that they "do have what it takes."	Don't take him for granted, especially for the daily small things he does. Be careful your words & tone are not critical or can be taken as critical.	Each day find a way to compliment him for either big or small things. Regularly tell him how much you appreciate him. Even something as simple as saying "Thank you for being so committed to your work & providing for our family."

