



Part 1:

How to Convince Your Spouse to Follow Your Expectations

Edited by Zack, Jack Herrick, Sondra C, Flickety and 4 others

Someone said the greatest asset of any person is a supportive partner. How do you build and maintain such a relationship?

From WikiHow.com Put in Power Point by Segla Nayon Segla
In quest to learning to be one.

Step 1:Lead by example.

Your partner will observe your habits and behaviors and begin to imitate them. If you demonstrate a bad temper and foul language, your partner will learn from you.

If you show respect and affection, your partner will return the same to you.

Make decisions that are in the best interest of both.

No person can be ordered to do the bidding of another, but he or she may consent to follow when your loving leadership is observed.

Step 2: Respect your partner.

Your spouse did not vow to become your slave. You did not promise to follow his or her bidding either.

When your spouse does not do as you wish, you should always respond with respect and love, never hostility.

When you were married, you made certain vows of loyalty: to honor, love, cherish and so on. By your self-less behavior, convince your spouse of your sincere loyalty and respect.

Step 3: Speak uplifting words.

Never put down your spouse. Support your partner in public and in private. Speak words of blessing, never find fault. When you ask your partner to do something, use a tone of voice filled with respect and affection. Use words that allow your partner to make his or her own decision and not feel coerced or manipulated. Speak as you want your partner to speak to you.

Step 4: Listen.

The true secret of effective communication is not knowing how to express yourself, but learning attentiveness.

When your spouse begins to speak, say, "Just a moment." Turn off all distractions, face your partner, make eye contact, then say, "Go ahead. I am listening."

Attentiveness is something that you can give or withhold. It is possible to hear words and not actually be listening mentally.

Listen to both the words and intent of your partner. Listen as you want your partner to listen to you.

Step 5: Enjoy yourself

Lighten up. If every moment of every day is heavy and somber, you need to consider changing your style of approach to subjects.

Spend time with your spouse when you do not discuss "business".

Designate a time of day or place that you talk only about personal matters.

Your partner needs a break from decision-making in order to make clear-headed decisions.

Step 6: Offer a sense of security

Build a home environment where it is safe to disagree.

Encourage your spouse to experience personal development and independent growth.

A healthy relationship is not about dominance of one person or bending the will of another, but individuals coming to an agreement to submit to each other.

Step 7: Find Out

THIS SPACE IS INTENTIONALLY LEFT BLACK AS YOU HAVE TO FILL IT IN YOURSELF

Part 2: **How to Be a Great Husband**

Edited by Jack Herrick, Tom Viren, Habeeb Akhtar, Roslyn and 80 others

From WikiHow.com Put in Power Point by Segla Nayon Segla
In quest to learning to be one.

intro

There is no one-size-fits-all formula for being a wonderful husband. Every wife and every marriage is different.

But there *are* some common issues that many married couples face, and if you're dealing with them, the following guidelines will help you become a better husband.

Be Honest



Be honest. In a mature relationship, honesty is the best policy. It may be difficult, but the truth will allow relationships to breathe. No matter what happens, no one can ever challenge the fact that you are truthful, which might mean that the other person also gives you the same respect. If something doesn't suit them let them know, otherwise they will not trust your opinion. But *make it sound like a compliment.*

Being Honest

- Suggest an alternative, and attach praise to the alternative. For example, if they ask you if you like something they are trying on (trying on, not already wearing at a party!) let them know that it might work, but you think the blue one is your favourite so far because it shows off their great (insert a feature you appreciate, preferably not one that they are self-conscious about).
- It's not going to be easy to be honest and kind at the same time, so focus on learning how to give a feedback sandwich and you'll both be better off.

Communicate.

Do not talk her ear off, however make sure that if you have any problems that will affect your mood, she is made aware of the reasons for your problems and mood, so that you do not appear to merely be a fickle and cranky creature. Zone out everything around you when you're talking to her. If you ask her a question, ask because you really want to know. For example, ask her what type of movies she enjoys, or about one of her favourites.



1. Communicating

- If you know it, talk about it a little bit in an honest way, what you thought of it, and make a guess at why she might have liked it. Even if you are wrong, your mate will usually love the fact that you are interested enough to try. Remember, the opposite of talking is not waiting, it's listening.
- Make sure you're actually listening, not just waiting for your turn to talk. Put off a vibe that tells her that she can tell you anything. Make her feel safe.



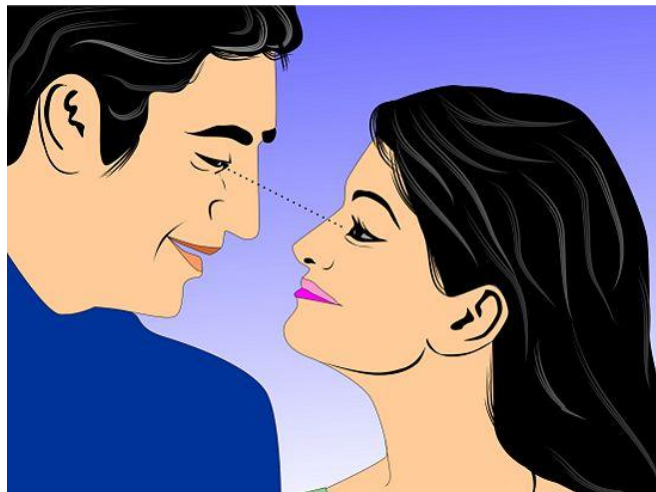
2. Don't brush your wife off.



- People often find it exasperating when they get the feeling their partner treats them as an inferior in a relationship. Women are no exception. A lot of people have been taught that the only way to get attention when their partner is trying to ignore them is to act more emotional and be louder until the partner finally surrenders and pays attention to her, even if in annoyance. If people feel they're being given the cold treatment by people who are supposed to be important to them, they get worried. Especially when it happens without you giving an explanation for why this disturbance has occurred. People aren't mind readers. Your mate is not likely to be able to guess that you're cranky just because they wouldn't let you do something that they felt was very trivial, whereas you found it important.
- If you know that your mood might lead you to overreact, simply say "I'm feeling really irritated right now. Can we talk about this later after I cool off a bit?" (Don't forget to follow through and actually give her your time later.)

Respect Her

- **Don't show her even the mildest forms of contempt.** Contempt is poison in a relationship. You don't have to act like you like what she said or did, but do not take on an attitude of superiority, even subtly in passing, such as momentary smirking, sighs of disgust or eye-rolling. Such gestures, though seemingly insignificant, deeply show a lack of support, respect and trust, especially over a period of time. The way you naturally act towards her should subtly validate her as a person, even when you do not understand or agree with her. Giving eye contact when she has something important to tell you shows respect; not giving eye contact shows disrespect and that you don't care about her or what she has to say. This will destroy any attempt to communicate well.
- If you show contempt in front of your child(ren) they will then feel that is an appropriate way to treat their mother. A son may feel he can treat his wife with contempt if he witnessed you treat your wife that way.



Be romantic.

What "being romantic" means varies widely from person to person, but at its core, romance involves doing something to express affection in a meaningful yet unexpected way. A true act of romance requires creativity and sincerity, often inspired by love (either its presence or its possibility).

Reintroduce the excitement that characterized the beginning of the relationship. Do something different, something that your wife wouldn't expect. The more out of the ordinary, the better!



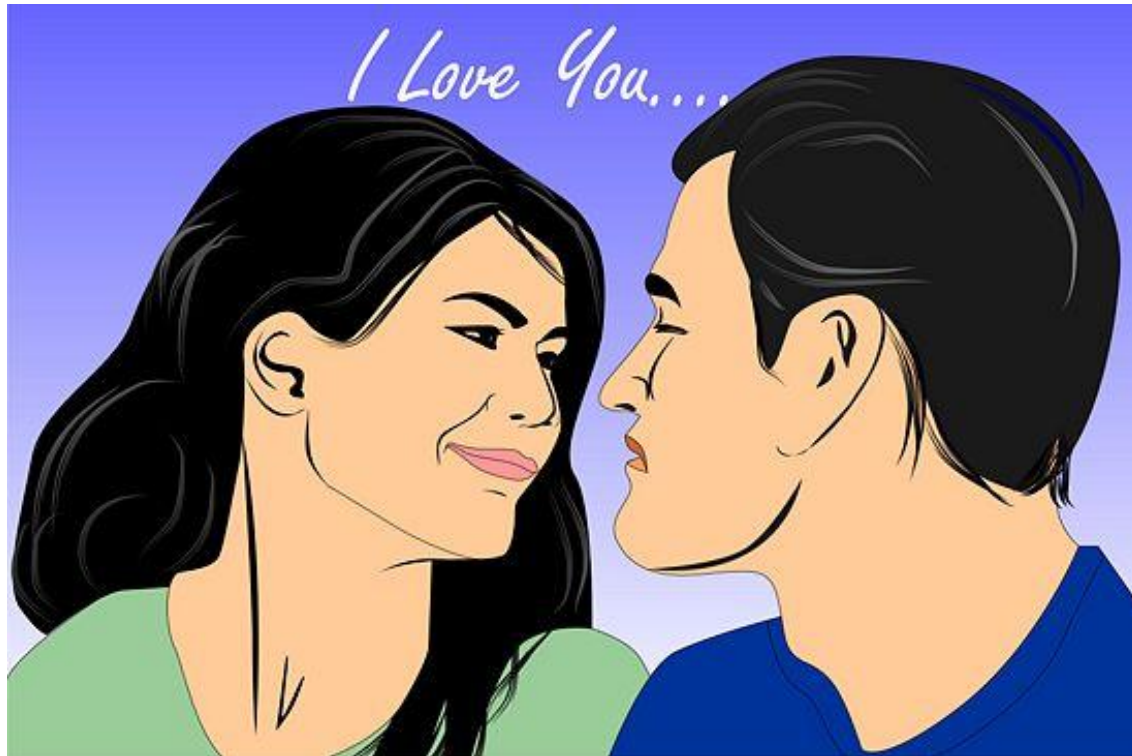
1. Being romantic



- Treat your wife like they're single, like you're trying to earn her affection and trust. The opposite of being romanced is being taken for granted. No one wants to feel like they've already been "caught" and it's over and done with.
- There are millions of ways to say "I love you" and "I'm lucky to have you." Think of the world as your medium. You can write it, say it, sculpt it, look it, hide it, shout it, paint it, kiss it, fold it, grow it, touch it, and express it in unlimited ways.

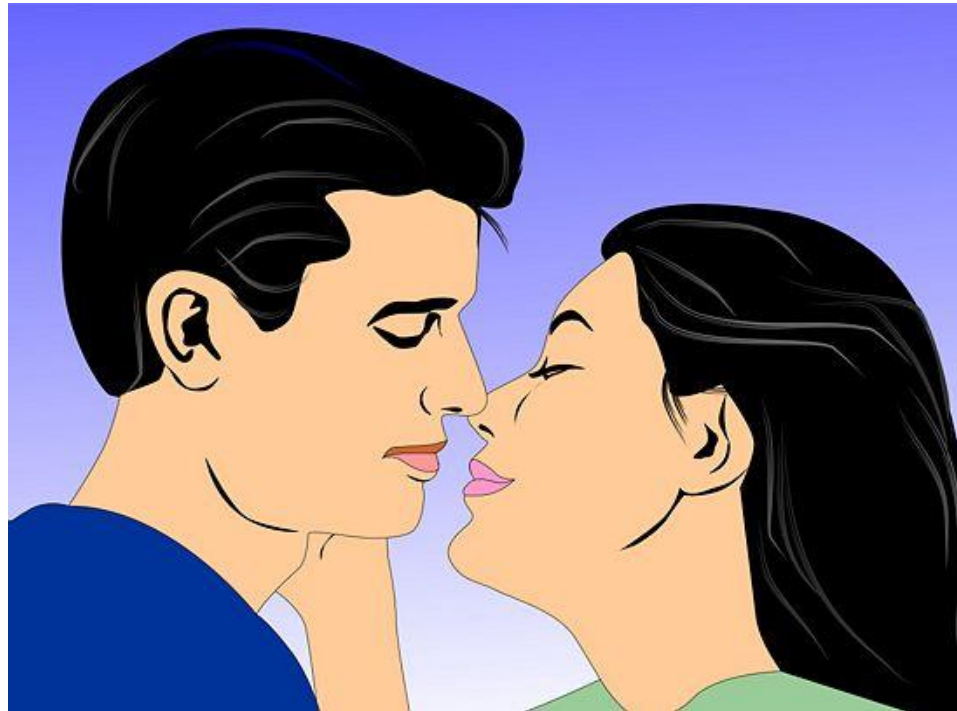
2. Keep your sex life invigorated

Kiss her goodbye in the morning like you don't want her to leave. It gives her something to think about all day. Be romantic. Suggest new ideas. Ask what she likes. Be willing to put her pleasure ahead of yours. Talk about it. Intimacy (emotional and physical closeness) is important to women.



3. Give gifts as a surprise.

- Anyone can buy a gift for a birthday, Christmas or an anniversary. Listen to her when you are out window shopping, and if there is something she likes, and it's within your price range, remember it and surprise her with it when she least expects it, for no reason at all. Or pick something up on your way home from work, and tell her you were thinking of her when you saw it. It doesn't have to be big or expensive - a book you know she will like, or a CD of her favourite band are nice gestures.



4. Give what she needs



- . Ask her for what she needs to feel loved by you. If she needs you to give her compliments, learn to master the art of compliments. If she needs you to come home on time, be on time. If you know that you are going to be late coming home, call her and let her know. If she needs you to help children with homework, spend time with the family instead of going out with your friend, or spend a quality time with her, give it to her. Being married is being of service. You give your wife because you love her. True giving is to give what the other person needs.

Always Be Available

1. **Take care of her.** Your wife may feel overwhelmed with kids and work. Don't hesitate to cook her favorite food or make her favorite drink. Help with the kids and help around the house (like doing dishes). Wives aren't superwomen as much as you'd like them to be



Always Be Available



- **2. Be her greatest supporter.** Be someone she knows that she can always count on. Be there for her when she has had a long day. Listen to her with attentive eyes and ears. Back her up 100 percent! And always protect her, both physically and emotionally. If you have done something to hurt her, even if you didn't mean to, tell her you are sorry and show her affection. This must be sincere! There's nothing worse than an "I'm sorry" that is put on or phony.
- **3 Understand that your personal relationship should be more important to you than your other family members, work, friends, etc.** She is your partner in all things. Treat her as such. If you're worried about looking independent in front of them, then talk with your wife and set clear expectations about what decisions you can make without each other, and what decisions must absolutely be discussed. But also, ask yourself why you feel you should look independent instead of married. It may not be hard to say "Let me talk this over with my other half."
- **4 Do your part.** Don't make her ask you to pull your own weight around the house. This makes her feel like a nag, and it creates an adult/child relationship. Which is never good. She is your partner not your mother. Show her she can count on you to get things handled.

Be Responsible

- **Seek responsibility and take responsibility for your actions.** The main difference between a man and a boy, and adult and a child, is that men are responsible. Men honor their commitments, accept their duties and are accountable for damages they incur, debts they owe and claims they make. Men clean up after themselves (figuratively and literally). Men know that anyone can father a baby but only a man who understands and accepts responsibility can be a good father. Men refuse to make anyone do anything they themselves are unwilling to do. Sometimes men make sacrifices for the people they love and care about. That's life. It's part of growing up, whether you like it or not. The difference between a man and a boy is that a man steps up to the plate, while a boy hesitates or complains.

tips

- Tell her what you think, don't assume she knows. When you think she looks nice, tell her, when you are thinking you are lucky to have her, tell her. Just like you, she'll like hearing she's valued.

tips

- When she's upset, listen and ask questions. Offer advice carefully and in a tone of appreciation of her frustration. Show her that you are trying to understand. And if she is upset with you, make sure you understand why. It can be difficult to hear that you've hurt or upset her, but listen attentively and offer her apologies and reassurance that you never intended to frustrate or upset her (if it's true). If you intended to hurt or upset her, admit it and tell her why, then apologize for causing the upset and tell her how you'll handle such situations in the future.

tips

- If you say you're going to do something, don't forget to do it. It's easy to overcommit yourself when your wife starts telling you what she's noticed needs your attention. Be clear and firm about what you will or won't do, and make your priorities clear to avoid taking on too many of her requested "To Dos". You aren't her servant and your priorities may differ from hers; clear communication will help you avoid having a nagging wife.

tips

- Spend quality time with her. This means laughing, talking, just having fun together. Make her see that wherever you are you feel good when you are with her.

tips

- Be aware that she may not perceive love the same way you do. Quality time, gifts, physical touch, verbal affirmation, and acts of service are the different "love languages" you and your wife might have - make sure you find out what hers is, and speak her love language, as often as you can.

tips

- Don't make her feel like her voice (in other words her feelings) doesn't matter.

tips

- Treat her like she's the only girl in the world, after all, she is your life partner.

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- Discuss your financial dreams together and research and plan to achieve them together.

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- Make your family and friends respect her as your wife regardless of what you go through in relationship.

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- Show her you love her. Actions speak louder than words. Make time for your family and treat her respectfully; if she feels neglected or unappreciated, she may start looking for someone new.

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- Help out with housework. She'll see that you feel you have a vested interest in the home you share, and that you take pride in creating a polished environment for both of you to enjoy.

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- Praise your wife in public, but if you notice something you'd like to comment on, please find a private moment. Don't criticize! Make concerns known in a diplomatic positive way. It is very important to women about how they look to other people. Do Not make her look like the "bad guy" or that there is something you don't agree with (even if there is). The appropriate time to discuss those matters is when it is just the two of you, not in front of people when she will be embarrassed. In public make sure everyone around you knows she is your girl! Hold hands whenever possible, kiss, hug, open the door for her etc. To her you are letting everyone know you're off the market.

tips

- Don't try to fix everything. Men are fixers, but women don't want us to fix everything. They sometimes need to do that themselves and just need you to listen.

Understanding complaints

Complaint	"I" Statement
You work too much.	I get so lonely in the evenings waiting for you to get home.
You never help around the house.	I sometimes feel overwhelmed by all of the cooking, cleaning, and laundry that needs to be done.
You don't listen to me.	I need to know that you understand me.
You don't give me enough assistance with the kids.	I feel like the kids' bath and bedtime routines could benefit from a team effort.
You don't care enough about my family.	I wish you felt like more of a part of my extended family.
You still haven't fixed the leaky faucet.	I'd love to get that drip to stop. I'll pick up the parts if you'll tell me what we need.
You make our house a mess.	I would feel much more relaxed if we kept the house a little neater.
Your clothes don't match.	I was hoping you would wear that blue shirt that matches your eyes.
You're lazy.	I feel like we should get more exercise. Maybe we should take up a sport together.
You aren't as nice to me as Susie's husband is to her.	I see other couples that seem to get along better than us. What can we do to improve?
You never compliment me.	I know you love me and think I'm beautiful. Sometimes I like to hear exactly why.

Warning

- Be up-front about platonic female friends. Hiding them may create the illusion that your feelings for the friend(s) are suspect. If she "finds out," it may not be possible to convince her that you and your friend are "just friends."
- Some women need more attention than others. Some would rather hang out with their friends, while others consider their husband their best friend.
- A great husband is not an obsessive or smothering one.

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Now Start