

How Does A Husband Spell Love To His Wife?-COUPLE

Closeness-Am I always remembering to move toward her and accept her need to talk and connect with me to be reassured of my love?

*you hold her hand, *you hug her, *you are affectionate without sexual intentions, *you are with her alone so you can focus on each other and laugh together

*you go for a walk or jog...anything that results in togetherness, *you seek her out...set up a date night...eat by candlelight, *you go out of your way to do something for her, like run an errand' *you make it a priority to spend time with her, *you are aware of her as a person with a mind and opinions...let her know you enjoy discussing things with her and getting her insights, *you suggest the unexpected...get takeout and eat on the beach...take a walk to see the full moon...park on the bluff and watch the sunset, *you pillow talk after making love...lie close with your arm around her and share feelings and intimate ideas...and never turn on *SportsCenter* or *Nightline*

Openness-Do I share my thoughts with her; am I sure I'm not resisting her efforts to draw me out?

*you share your feelings, telling about your day and difficulties, *you say, "Let's talk," ask her what she's feeling, and ask for her opinions, *your face shows you want to talk-relaxed body language, good eye contact, *you take her for a walk to talk and reminisce about how you met or perhaps you talk about the kids and problems she may be having with them, *you pray with her, *you give her your full attention...no grunting responses while trying to watch TV, read the newspaper, or write e-mails, *you discuss financial concerns, possible job changes, or ideas for your future

Understanding-Am I careful not to try to "fix" her every time she talks about one of her concerns or problems? Am I remembering that she is an integrated personality and whatever happens affects all of her, especially her emotions?

*you listen and can repeat back what she said, *you don't try to "fix her problems" unless she specifically asks for a solution, *you try to identify her feelings, *you never dismiss her feelings, no matter how illogical they may seem to you, *you say, "I appreciate your sharing that with me", *you don't interrupt her when she's trying to tell you how she feels, *you apologize and admit you were wrong, *you cut her some slack during her monthly cycle

*you see something that needs to be done and you do it without a lot of hassle, *you express appreciation for all she does: "Honey, I could never do your job", *you pray with her and for her

Peacemaking-Am I always willing to resolve issues, and am I careful to never say, "Let's just drop it and move on"?

*you let her vent her frustrations and hurts and don't get angry and close her off, *you admit you are wrong and apologize by saying, "I'm sorry, will you forgive me?", *you understand her natural desire to negotiate, compromise, and defer, and you meet her halfway, *you try to keep your relationship "up-to-date," resolving the unresolved and never saying, "Forget it.", *you forgive her any wrongs she confesses, *you never nurse bitterness and always reassure her of your love, *you pray with her after a hurtful time

Loyalty-Do I constantly look for ways to tell her that I will be loyal to her forever-that she's the one love of my life, the only woman for me?

*you speak highly of her in front of others, *you are involved in things important to her, *you help her make decisions, such as ones regarding the children, *you don't correct her in front of the children, *you don't look lustfully at other women, *you make her and your marriage a priority, *you are never critical of her or your children in front of others, *you include her social gatherings when others may leave their spouses home, *you tell the kids, "Don't speak to your mother that way!", *you call and let her know your plans, *you keep commitments, *you speak positively of her and the children at all times

Esteem-Do I always let her know that I treasure her and put highest value on her as a person? Do I let her know that what she does and thinks are important to me? Does she know I couldn't possibly do without her?

*you say, "I'm proud of the way you handled that", *you speak highly of her in front of others, *you open the door for her, *you try something new with her, *you give her encouragement or praise with kindness and enthusiasm, *you notice something different about her hair or clothes, *you are physically affectionate with her in public, *you teach the children to show her and others respect, *you value her opinion in the gray areas not wrong but just different-and valid, *you choose family outings over "guy things", *you make her feel first in importance, *you are proud of her and all she does

How Does A Wife Spell Respect For Her Husband? - CHAIRS

Conquest-Am I always standing behind him and letting him know I support him in his work and endeavors in his field?

*you tell him verbally or in writing that you value his work efforts, *you express your faith in him related to his chosen field, *you listen to his work stories as closely as you expect him to listen to your accounts of what happens in the family, *you see yourself as his helpmate and counterpart and talk with him about this whenever possible, *you allow him to dream as you did when you were courting, *you don't dishonor or subtly criticize his work "in the field" to get him to show more love "in the family"

Hierarchy-Do I let him know I respect and appreciate his desire to protect and provide for me and the family? What have I said recently to communicate this?

*you verbalize your admiration of him for protecting you and being willing to die for you, *you praise his commitment to provide for and protect you and the family (he needs to know you don't take this for granted), *you empathize when he reveals his male mind-set about position, status, rank, or being one-up or one-down, particularly at work, *you never mock the idea of "looking up to him" as your protector to prevent him from "looking down on you", *you never in word or body language, put down his job or how much he makes, *you are always ready to figuratively "light the candles," as E. V. Hill's wife did when they couldn't afford to pay the light bill, *you quietly and respectfully voice concerns about finances and try to offer solutions on where you might be able to cut spending

Authority-Have I gone on record that, because he has the primary responsibility for me (even to die for me), I recognize him as having the primary authority? Do I let him be the leader? How have I helped in that regard recently?

*you tell him you are thankful for his strength and enjoy being able to lean on him at times, *you support his self-image as a leader, *you never say, "You're responsible but we're still equal, so don't make a decision I don't agree with", *you praise his good decisions, *you are gracious if he makes a bad decision, *you disagree with him only in private and honor his authority in front of the kids, *you give your reasons for disagreeing quietly and reasonably, but you never attack his right to lead, *you do not play "head games" with him to make him back down and be a "loving peacemaker"

Insight-Do I trust his ability to analyze things and offer solutions and not just depend on my "intuition"?

*you tell him upfront you just need his ear; don't complain to him later that he always tries to "fix" you, *you thank him for his advice without acting insulted or like he doesn't care about your feelings, *you recognize his problem-solving approach as his male brand of empathy, *you realize your vulnerabilities, especially among males, and value his protection, *you counsel him respectfully when you differ with his ideas (you can be right but wrong at the top of your voice), *you sometimes let him "fix things" and applaud his solutions, *you let him know that you believe God has made us male and female for a purpose and that we need each other, *you admit that you can sin and thank him for his perception and godly counsel

Relationship-Do I spend shoulder-to-shoulder time with him whenever I can? Do I let him know that I am his friend as well as his lover?

*you tell him you like him and you show it (he knows you love him, but he often wonders if you really like him), *you respond to his invitation to engage in recreational activities together or you come along to watch him (you don't have to go every time, but just now and then will energize him more than you realize), *you enable him to open up and talk to you as you do things shoulder to shoulder, *you encourage him to spend time alone, which energizes him to reconnect with you later, *you don't denounce his shoulder-to-shoulder activities with his male friends to get him to spend more face-to-face time with you. Respect his friendships, and he will be more likely to want you to join him shoulder to shoulder at other times

Sexuality-Do I honor his need for sexual release even when I don't feel like it?

*you respond to him sexually more often and initiate sex periodically, *you understand he needs sexual release just as you need emotional release, *you let him acknowledge his sexual temptations without fearing he'll be unfaithful and without shaming him, *you don't try to make him open up to you verbally by depriving him of sex

