

**FIVE MOST
IMPORTANT
THINGS YOUR
HUSBAND NEEDS
FROM YOU**

A background image of a young man with dark, curly hair and a beard, smiling broadly as he hugs a young woman with long brown hair from behind. They are both wearing light-colored, possibly white, shirts. The scene is brightly lit, suggesting an outdoor setting.

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A background image of a smiling man and woman in white shirts, embracing. The man is on the left, looking towards the right, and the woman is on the right, looking down. They are both wearing white long-sleeved shirts.

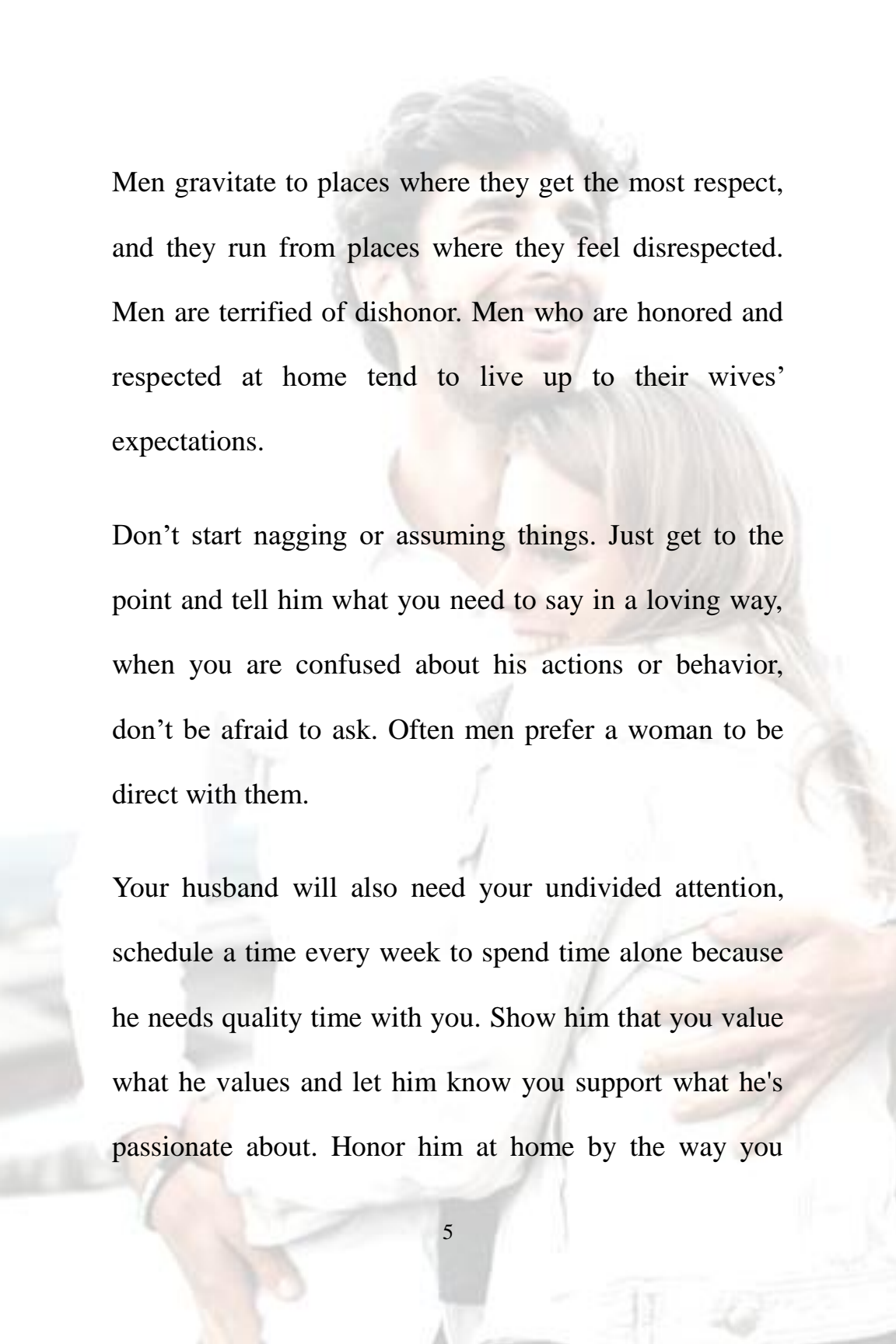
INTRODUCTION

A Good wife, who knows that her role as a wife is one of vast responsibility, she recognizes the principles for a happy, lasting marriage and learns to apply them. Your husband desires a wife who is well cared for and full of life. He needs you in more ways than you can imagine. He depends on you for many things and desires you to stick around not to just be available physically but emotionally as well. Your husband needs a strong, capable “teammate.” A man can sometimes feel lost without his woman. Being a good wife is not easy, even if you have a near-perfect husband. To be a good wife, you have to be able to communicate effectively, to keep your romance alive. If you want to know how to do it, just follow the steps in this book.

Respect



Husbands need to know that their wives respect them both privately and publicly. Men thrive when they know that their wives trust them, admire them, and believe in them. Men would rather feel unloved than to feel disrespected by their wives. It's something your husband really craves. Do you respect your husband? You might say, "He doesn't deserve it." Or, "He will have to earn it." But showing your husband respect should not come with any conditions.



Men gravitate to places where they get the most respect, and they run from places where they feel disrespected. Men are terrified of dishonor. Men who are honored and respected at home tend to live up to their wives' expectations.

Don't start nagging or assuming things. Just get to the point and tell him what you need to say in a loving way, when you are confused about his actions or behavior, don't be afraid to ask. Often men prefer a woman to be direct with them.

Your husband will also need your undivided attention, schedule a time every week to spend time alone because he needs quality time with you. Show him that you value what he values and let him know you support what he's passionate about. Honor him at home by the way you

treat him. Speak to him without a “tone.” Honor him by not using him as a punch line when you are out with your girlfriends. Compliment him in front of his friends and your children.

Good communication skills



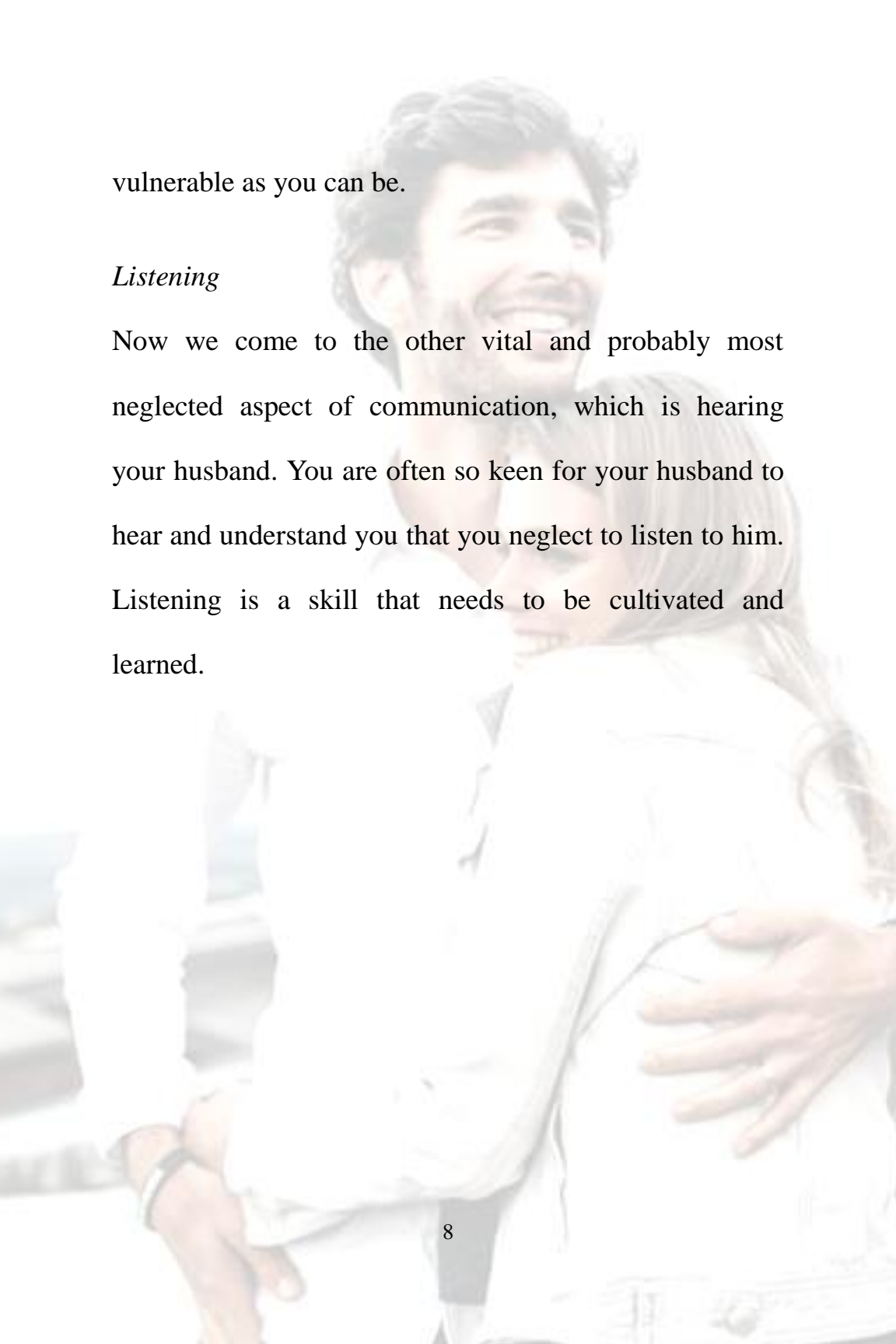
Effective communication has two main elements which are “speaking” and “listening”. It sounds simple and straight forward but actually communication is a skill which takes practice if it is going to be effective.



Speaking

This again sounds so obvious. But you don't always do it! In other words, sometimes you don't speak. You don't tell your husband what is going on inside of you. An action or word spoken by your husband may annoy you intensely but instead of saying something you keep quiet because „it “will cause a scene” or you withdraw into silence.

Sometimes you play mind games where you expect your husband to know something about you just because „He should know! “. So your husband may feel unloved or uncared for because you haven't shown concern for the problem you have at the moment, which you haven't actually taken time to talk about. So do speak tell your husband what you are thinking and feeling. Be as

A soft-focus photograph of a man and a woman embracing outdoors. The man, in the foreground, has dark curly hair and a beard, and is smiling broadly. The woman, behind him, has long brown hair and is also smiling. They are both wearing light-colored clothing. The background is bright and out of focus, suggesting an outdoor setting.

vulnerable as you can be.

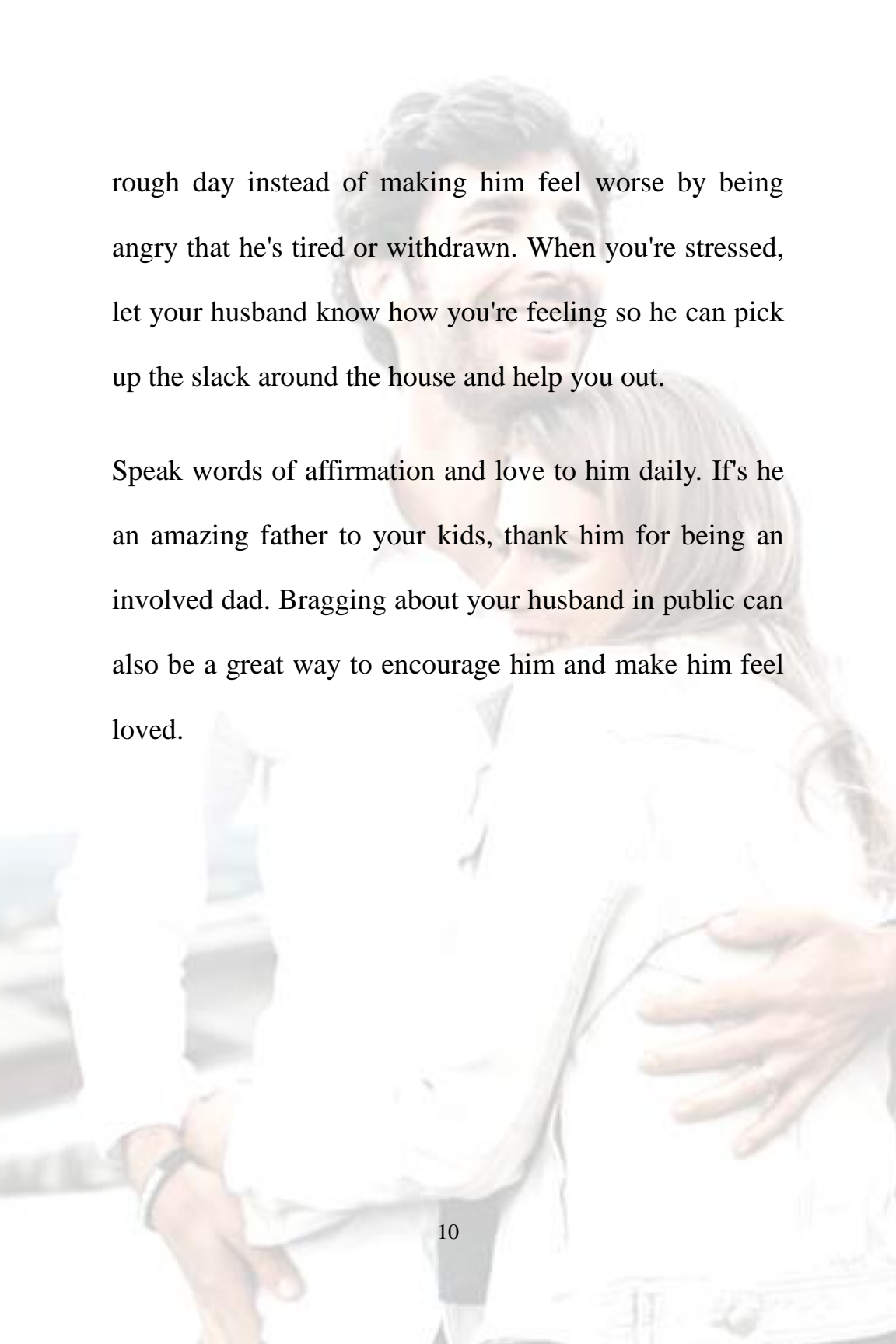
Listening

Now we come to the other vital and probably most neglected aspect of communication, which is hearing your husband. You are often so keen for your husband to hear and understand you that you neglect to listen to him. Listening is a skill that needs to be cultivated and learned.

Support



Men and women deal with stress all day and every day. Do what you can to help each other deal with the stress of everyday life. Making sure that you are able to cope with your own stresses will take pressure off of your marriage. If one of you is chronically stressed out while the other doesn't understand why, then you'll have a problem. Help your husband manage his stress by talking about it and treating him with extra care when he's had a



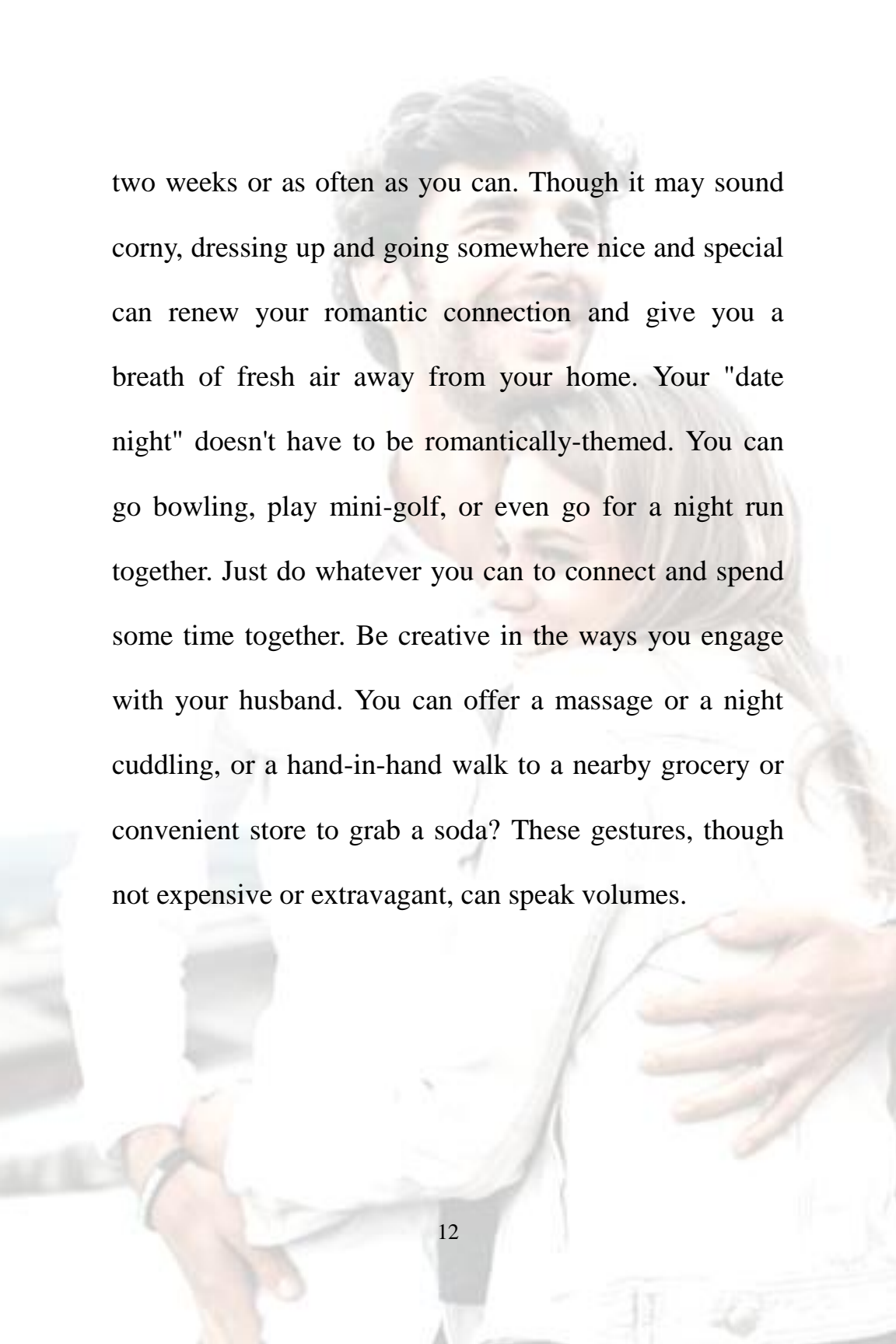
rough day instead of making him feel worse by being angry that he's tired or withdrawn. When you're stressed, let your husband know how you're feeling so he can pick up the slack around the house and help you out.

Speak words of affirmation and love to him daily. If's he an amazing father to your kids, thank him for being an involved dad. Bragging about your husband in public can also be a great way to encourage him and make him feel loved.

Physical affection



Your husband needs physical affection, cuddle with him while you watch a show, and give him a big hug and a kiss. Make time for "date night." No matter how busy you are, how stressful your job is, or how many kids you have, you need to make time to spend a romantic evening with your husband. If you don't have kids, aim for once a week, and if you do, try to squeeze in a date once every

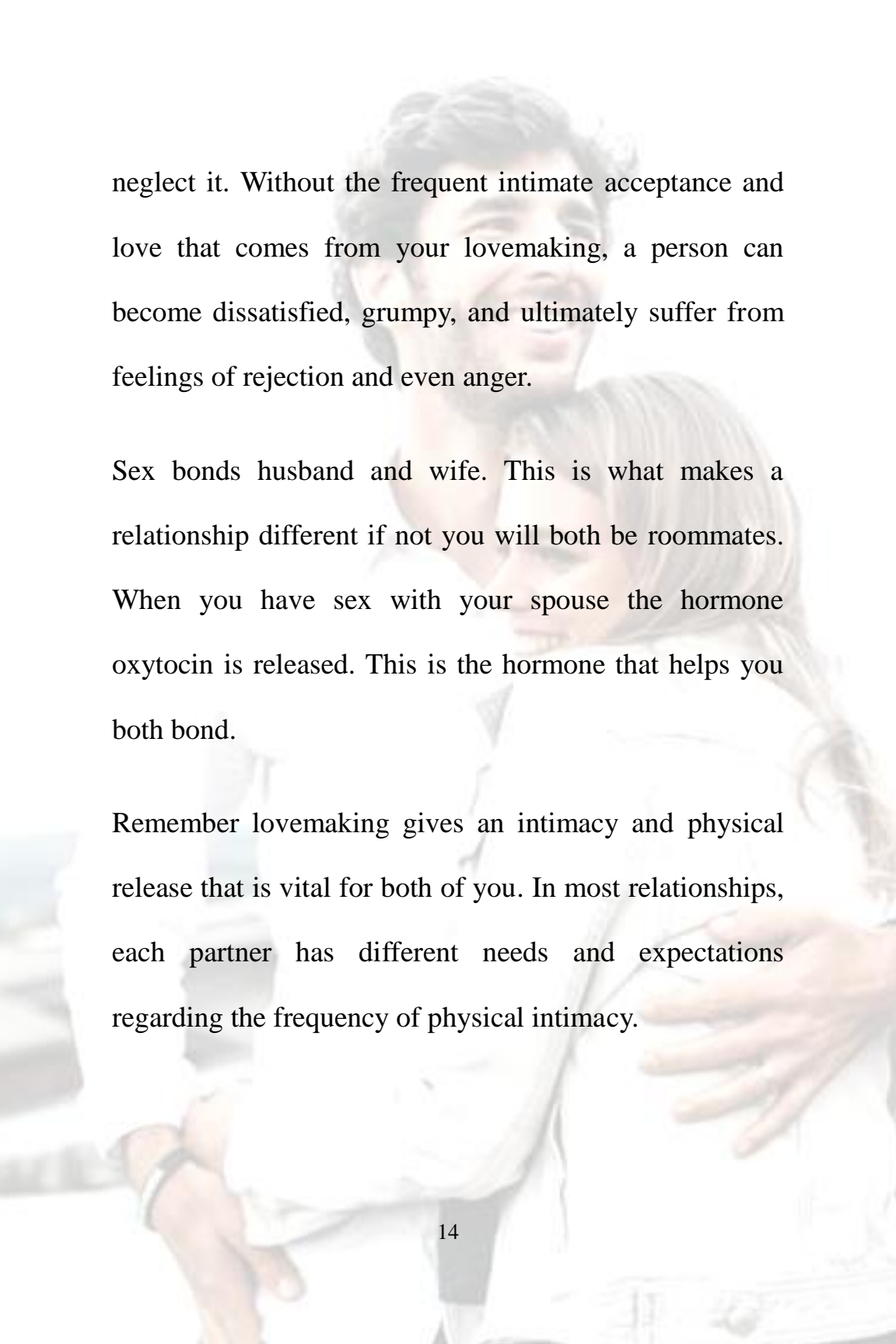


two weeks or as often as you can. Though it may sound corny, dressing up and going somewhere nice and special can renew your romantic connection and give you a breath of fresh air away from your home. Your "date night" doesn't have to be romantically-themed. You can go bowling, play mini-golf, or even go for a night run together. Just do whatever you can to connect and spend some time together. Be creative in the ways you engage with your husband. You can offer a massage or a night cuddling, or a hand-in-hand walk to a nearby grocery or convenient store to grab a soda? These gestures, though not expensive or extravagant, can speak volumes.

Sex



Man's sexuality, his manhood, is primarily expressed through sexual intercourse. Of course, this isn't the only way he demonstrates his sexuality, but his sexual performance with his wife is an inseparable part of who he is. Your husband needs sex, your husband depends on you to be his partner in his battle against sexual temptations. You may feel that sex has to be spontaneous, but if you don't add it to your schedule, you may start to



neglect it. Without the frequent intimate acceptance and love that comes from your lovemaking, a person can become dissatisfied, grumpy, and ultimately suffer from feelings of rejection and even anger.

Sex bonds husband and wife. This is what makes a relationship different if not you will both be roommates. When you have sex with your spouse the hormone oxytocin is released. This is the hormone that helps you both bond.

Remember lovemaking gives an intimacy and physical release that is vital for both of you. In most relationships, each partner has different needs and expectations regarding the frequency of physical intimacy.

Finally, find a happy medium with your husband. Couples who feel responsible for meeting the needs of their lover tend to be happier in their relationship.

