

October Marriage Month

Week 1

Pauline Michell

We are dedicating this month to teaching about God's plan for marriage. The Bible shows us that God is love and love is the single most defining quality of his character. Out of his love he made us in his image, created us for love. Our deepest purpose is to love and to be loved. The opposite therefore is true, that the loss of love is our greatest sorrow.

John and Stasi Eldredge in their book, *Love and War*, they explain so well that love is central to God's bigger story. We are urged to love, commanded to love, warned to love, implored to love – with abandon. God's love story began in the garden of Eden, with Adam and Eve – but there was an enemy, who deceived them into breaking the one command God gave them. So they were cast out of the garden and the circle of intimacy with God and each other was broken.

But God fought to win us back. Jesus, the son of the King – came and gave his life to rescue us. Still today the clash between the kingdom of God and the kingdom of darkness continues. The fight is for the human heart. Marriage is a central part of God's story, and is meant to throw the balance of power on our side against the enemy. Eccl 4:9-12 says, *“Two are better than one... If the one falls down, his friend can help him up... also if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”*

So our marriages are part of a greater story in which we together as man and wife, are to fight our enemy. But marriage is also a kind of passion play about the love and union and redemption between Jesus and his beloved, the

church. That is also why the fury of hell has been unleashed against marriage from the beginning.

In marriage the husband and wife has been entrusted with the heart and dreams of the other, to love and to defend it. This is an enormous honour. But just as real love cost Jesus everything, we know that marriage costs you everything. And marriage is hard, because it is always opposed by the devil, who hates love and beauty. The world also hates marriage and faithfulness and monogamy, whereas God loves intimacy, unity and self-sacrifice, pleasure and joy. And He is with us and is for us. In him all things are possible; a loving marriage is possible - not easy, but possible. It proves to the world that God's love is real.

But the sad reality today is that 5 out of 10 marriages are ending in divorce. In many marriages, there is more pain and heart ache than any other relationship between people. Perhaps you yourself have grown up in a broken family, where you can only remember yelling and tension and deep sadness. How does this happen? In the demands of life, you begin to irritate each other with bad habits that you can't shake off, little things like leaving a wet towel on the bed, prioritising your work or sport over your spouse. Or it can be criticising everything he does. Over the years these become bigger issues and a distance comes between you and it may end in money problems, sex problems, or problems in raising the kids. And before you know it, there is nothing left. But what is really the underlying cause of a deteriorating marriage?

Dr Emerson Eggerichs says it is because there is an aspect to marriage, that is often overlooked, yet is vital to building a healthy marriage. The passage in Ephesians 5:33 is often read, but seldom fully understood. It says, *“Each one of you also must love his wife as he loves himself, and the wife*

must respect her husband.” It tells us the husband *must* love his wife, (agape love) which means unconditional love, and the wife *must* respect her husband, also suggesting it as unconditional respect. So this does not mean only when the other deserves it. And 1 Pet 3:1-2 it also says that if husbands are disobedient to God's Word, *“they may be won without a word by the behaviour of their wives, as they observe (their) chaste and respectful behaviour.”* Even though as carnal or unbelieving husbands, they sometimes do not demand respect, wives are to act in faith, and respect them as a means to win them to Christ.

In Eggerichs' book, *Love and Respect*, he believes that this Love-and-Respect-Connection is the key to most problems in marriage. This means that a husband is called to love even a disrespectful wife, and a wife is called to respect even an unloving husband. We can't say, *“I will love my wife after she respects me,”* or *“I will respect my husband after he loves me.”* The truth is that it is really hard to love and to respect. When a husband feels disrespected, it is especially hard to love his wife; and when a wife feels unloved, it is especially hard to respect her husband. So often without love, she reacts without respect, and without respect, he reacts without love - ad nauseam. The one leads to the other. And that is what is called the *Crazy Cycle*. And when it will stop, nobody knows. It will ultimately spin out of control unless we learn how to love and respect each other's basic needs.

Mostly a wife feels that her husband never loves her as much as she loves him. So in trying to change him into becoming a more sensitive and caring man, she begins to complain and criticise him, but this obviously proves totally unsuccessful. He reads her criticism as disrespect. Most husbands do not doubt his wife loves him, but he does not believe she always likes or respects him. So he decides to motivate her to become more respectful by acting in unloving ways. Again this obviously proves totally unsuccessful, and so they perpetuate the Crazy Cycle. It is likened to someone trying a light switch, but no light comes on, because it was caused by a tripped circuit breaker or burned-out bulb. But if one stands there

and flips the switch constantly for half an hour, you begin to wonder. “*Is this guy a little crazy?*” The point is simple. In this Crazy Cycle, craziness happens when we keep doing the same things over and over with the same ill effects, but hoping for change.

In the Crazy Cycle the husband appears careless, depriving his wife of love, then the wife reacts with criticism and complaints, depriving her husband of respect, and it leads to angry exchanges. I must confess that in my own marriage, we have been on that Crazy Cycle and my husband has sometimes complained that I have not shown him respect; and I have sometimes complained that he has not loved me properly. From countless couples that Eggerichs has counselled, it seems most men complain that their wife does not really respect him. When she gives him respect, it lets him feel his wife's love for him and ignites in him feelings of love for her. The best way for a wife to love a husband, is to show him respect in ways that are meaningful to him.

In this fallen world, there are few perfect marriages that we dream of, but time and again it has been proven that if a wife makes this decision to respect her husband unconditionally, it has changed their marriage for the better. Let us wives be willing to end the cycle.

It is important for the wife to decide to believe that he does not deliberately intend to be *unloving* as a husband, and he must decide to believe that she does not deliberately intend to be *disrespectful* as a wife. Begin to believe that deep down she does respect you; and believe that deep down he does love you. Once you come to that decision, you won't interpret his every action as unloving or her every action as disrespectful. It is freeing to reflect on the fact that he is not deliberately ignoring you. Our attitudes will then be much more forgiving to begin with. The more mature one of you will be the one willing to first end that Crazy Cycle.

Let us as wives make a decision to change our approach to our husband, and husbands the same to your wife. The Crazy Cycle always wants to spin, but we can end it and prevent it by unconditional love and unconditional respect.

God bless you till next week when we will continue this study on love and respect.

October Marriage Month
Week 2
Pauline Michell

Last week we spoke about unconditional Love and Respect in marriage as Ephesians tells us. We said that most couples get into the Crazy Cycle where the husband appears careless, depriving his wife of love, then the wife reacts with criticism and complaints, depriving her husband of respect, leading to angry exchanges. But that cycle can be stopped when a husband shows agape love to a wife and she shows her love to him by giving him respect.

We want to continue this study on *Love and Respect* by Dr Emerson Eggrichs, and look at cracking the code of communication in marriage. We must understand that men and women communicate very differently to each other. The wife needs love; she is not trying to be disrespectful and the husband needs respect; he is not trying to be unloving. One can see it like this: the woman looks at the world through pink sunglasses and the man through blue sunglasses, and so each sees the same situation very differently. But women also hear differently – she hears through pink hearing aids and he hears through blue hearing aids. When the spirit of your wife deflates before your eyes, she's sending a code, and when your husband gets angry and won't talk, he is also sending a message. What is she actually saying, and what is he actually saying?

Dr Eggrichs emphasises that when a man hears negative criticism it doesn't take long for him to start interpreting that as contempt for who he is as a man. And he will walk out in hostility. A wife usually wants to follow after him to get him to accept and love her, but if she comes with the same critical approach it will only drive him further away, because he was sending a message, "*I want your respect!*" To end

the Crazy Cycle of fighting, she must re-think where she let him feel disrespected in the way she spoke to him. And he must re-think why she complained and criticised – because she was sending a message, “*I want your love!*” And neither these have anything to do with deserving the other's respect or deserving the other's love. Once couples understand the concept of “*unconditional love and unconditional respect*”, the relationship will begin to change radically. Respect does something to the soul of a man. God made him that way.

In a study 400 men were given a choice between 2 negative experiences: to be left alone and unloved in the world; or to feel inadequate and disrespected by everyone. And 74% of these men said they would prefer to being alone and unloved, than to be disrespected. Eggrichs says men need both to survive; love is like food, respect is like water, but respect is the *key* to motivating them.

Titus 2:4 tells older women to encourage younger women to love their husbands and children, but in this case Paul uses the word “*love*” as “*phileo*”, which is “*friendship love*”. Why? Because she is created to love him unconditionally anyway. But in the daily wear and tear of life, she can become so discouraged that impatient unfriendliness can come over her and she may sigh and scold way too much.

But does the Bible say anything about respect for women? Well 1 Pet 3:1-2 tells husbands to live in an understanding way with their wives “*and show her honour as a fellow heir of the grace of life.*” Peter is telling them to value and prize their wives as equals within the grace of God. And Ephesians 5 says that a husband must cherish his wife as his own flesh. A wife longs to be that special person, cherished as a princess. She longs to be first in importance to him. She yearns to be honoured, and valued and possesses something within that thirsts to be valued as “*first*”

in importance.” Nothing energises her more. She is not self-centred. God placed this in her by nature.

To change a lose-lose situation into a win-win situation, a wife must understand that her husband does not have to “*earn her respect*” any more than she has to “*earn his love.*” When a husband expects her to look up to him, yet puts her down, he deflates her. When she expects him to protect her, but accuses him being condescending, she deflates him.

The male fear of contempt is seen in Esther 1:18 when the king put Vashti away due to her attitude of disrespect, out of fear that there would be no end to contempt poured out by wives on their husbands in the land. This is not to justify the male fear of contempt, but does illustrate it somewhat.

If there is conflict, a husband will often look away, or drop the argument and want to move on. He doesn't want to talk about it, because he is often overpowered by his wife's negative emotions and combative words. According to research, 85% of husbands eventually *stonewall* their wives during conflict - that is, becoming quiet, or going off by himself. Wives want to go on discussing the matter and sees his stonewalling as unloving rejection. She says, “*we need to talk now*”, hoping they will both apologise and then embrace. He doesn't hear, “*I need your love*”, but instead hears, “*I don't respect you.*” Again we must realise that the Crazy Cycle is happening and that if a wife becomes contemptuous, belligerent, or scolding, the marriage can be in danger. Remember, a wife's softened tone and facial expressions can do more for her marriage that she can imagine. Now when we talk of respecting your husband, we do not mean being a doormat or always agreeing with him. But correcting him, criticising or scolding him, will put him on the negative Crazy Cycle. Because as he withdraws, you may be winning the battles, but be losing the war. Rather take the risk and respect him, and see what happens.

A wise question a wife should ask is this, “*What if my son grew up and married someone like me? Would I want any woman to treat*

my son the way I treat my husband?" Let's ask ourselves, *"Is what I'm about to say or do going to come across as respectful or disrespectful to my husband?"* Because when a wife does not speak *"respect language"*, her husband will no longer be interested to communicate. You may ask your own husband this: *"Do you want me to tell you that I love you or that I respect you?"*

Now if your husband were to say to you, *"I respect you, but don't love you,"* you as a wife will be horrified and take forever to get over it, but equally your husband will be devastated if you say to him, *"I love you, but don't respect you."* The bottom line is that husbands and wives have needs that are truly equal. She needs unconditional love, and he needs unconditional respect. Unfortunately we easily see what is done to us, before we see what we are doing to our mate, or we focus on our own needs and simply overlook the needs of the other person. Husbands, love your wife. Always try to see what is in her deepest heart. Her criticism may not be contempt at all; it is simply her way of crying, *"Please love me."*

Men are also tired of hearing. *"You just don't get it. You're stupid."* They find this demeaning and discouraging. But stonewalling will never solve the issues. The honourable husband who is man enough to try to turn things around, must learn how to respond when he's feeling disrespected and offended. He must learn what to do in the face of his wife's negative accusations that he is unloving. Let him ask, *"Is my wife coming across to me disrespectfully because she is feeling unloved?"* and secondly, *"Will what I say or do next come across as loving or unloving to my wife?"*

In conflict, married couples are at a crossroads. Will she appreciate her husband's need for respect or will she denounce his feelings? Will the husband appreciate his wife's need for love or just continue to ignore her feelings and retreat to his *"stonewall"*? More and more couples are taking the right fork, the one labelled, *"Love and Respect"*.

Let us learn to decode the message of our spouse and remember that they see things very differently to ourselves. Learn to speak and act in ways that are respectful and loving.

God bless you till next week when we continue this study of Love and Respect.

October Marriage Month
Week 3
Pauline Michell

Last week we spoke about decoding the message of communication in marriage. The husband must re-think why his wife complains and criticises – it is because she was actually sending a message, *“I need your love!”* He doesn't hear that, but instead hears, *“I don't respect you”*, so he begins to stonewall her. A wife must understand that her husband does not have to *“earn her respect”* any more than she has to *“earn his love.”* But we need to learn to speak and act in ways that are respectful and loving.

Today we want to look at how the husband can love his wife unconditionally in ways that she understands his language. Firstly men are advised not to avoid conflict if they want to make their marriage work. To side-step problems and leave conflict unresolved, usually only upsets the wife more. Allow your wife to vent her feelings – she believes she is keeping the marriage healthy and helping the relationship work more smoothly. She is not trying to attack her husband personally. So instead of running from your wife, move toward her or let her move toward you, even if she fires her venomous little darts as she comes. If you're ready to take the hit, you can stop the craziness. After she vents, you can lovingly say, *“Honey, I love you. I don't want this. When you talk this way, I know you're feeling unloved. Let's work on this. I want to come across more lovingly, and I hope you would like to come across more respectfully.”*

No matter how desperate or hopeless a marriage may seem, if a husband and wife both have basic goodwill in their hearts, they can stop the Crazy Cycle of fighting. But they have to be willing to do whatever it takes – namely constant giving and forgiving. Because the Crazy Cycle is

always ready to spin, you and your spouse need to get on the Energising Cycle and stay there. The Energising cycle is proactive, positive and preventative.

Firstly, some ways to energise your wife – Eggrichs uses an acronym COUPLE which stands for Closeness, Openness, Understanding, Peacemaking, Loyalty and Esteem. Husbands must understand that wives want connectivity. Your wife will confront in order to *connect*; she wants your love; and often you as her husband thinks she is confronting to control. Think of it as flying a plane by instruments, even if you feel disoriented. Don't always let what you see, hear and seem to feel, determine how you will interpret a situation. Trust your instrument panel, spelled COUPLE.

C: Closeness: She will feel loved when you move toward her and let her know you want to be close with a look, a touch or a smile. Maybe you have had a long and possibly tough day, and all you want is to flop in front of the TV, however, she will feel loved if you come into the kitchen and help her prepare dinner or talk with her as she gets the meal ready. Or help get the children to bed so you can tell her about your day, and be sure to ask her about hers. For your wife, face-to-face time is heart-to-heart time. She wants eye-to-eye contact. One of the stumbling blocks to drawing closer may be your fear of being controlled. But communication is necessary to discuss each other's needs.

So be affectionate and attentive every day, not just on days you want sex. Hold her hand, hug her. Spend time alone with her and laugh together. Go for a walk or jog together. Seek her out or set up a date night, or go out of your way to do something for her, like run an errand. Make it a priority to spend time with her. See her as a person with a mind and opinions. Share pillow talk with her close in your arms.

Openness: She wants her problems out in the open for discussion in order to solve them. Before you married her, when you were dating, you shared your dreams, yearnings, fears and failures. So when she still asks questions, she is interested in you and is not snooping or criticising or trying to control you. Don't cut her off out of fear that she will reject you. Share your feelings, tell about your day and difficulties. Ask her what she is feeling and ask for her opinions. Let your face show you want to talk and make eye contact. Take her for a walk and talk about problems she may be having with the children. Give her your full attention (not while you are watching TV or are on the computer). Be open to discuss financial concerns, or possible job changes or ideas for your future.

Understanding: 1 Pet 3:7 tells husbands to live with their wives in an *"understanding way as the weaker partner"*. This means to see her as more vulnerable, as if she is made of delicate porcelain, that can be broken if you are not careful. How can you be an understanding husband? The most powerful weapon is just to listen to your wife. You don't always have to solve the problem, but show her empathy. She wants to talk to release her emotions and realise her feelings. It clarifies things for her and she feels understood. So just listen and repeat back what she said. Say, *"I appreciate your sharing that with me"*. Don't interrupt her when she's trying to tell you how she feels. Also cut her some slack in her monthly cycle; and express appreciation for all she does. Pray for her and with her.

Peacemaking: During conflict, let your gentle, loving answer turn away wrath (Prov 15:1) Earn the right to say to her, *"I am trying to see your point and be loving, but I am feeling disrespected. What am I saying to you that is unloving?"* Don't blame her, but instead confess your part of the blame and don't get angry and close her off. Admit you are wrong and apologise by saying, *"I'm sorry. Will you forgive me?"* Peacemaking can be difficult, but is always worth it. Forgive her for any wrongs she confesses; and don't nurse bitterness, but always reassure her of your love. Colossians 3:19 says, *"Husbands, love your wives and do not be embittered against*

them.” The embittered husband becomes harsh, cynical or resentful and he closes off his deepest heart. The answer to bitterness is to listen to the prodding of the Holy Spirit to move toward her with kindness and openness. She'll feel at peace with you when you let her vent her frustration and hurts and you let her negotiate. When you do this, she will meet you halfway and admit her mistakes. Try to keep your relationship up-to-date, resolving the unresolved and never say, “*forget it.*” In resolving conflict, take your anger to God, and speak to her in a kind voice. Pray with her after a hurtful time.

Loyalty: She needs to know you are committed. She will be assured of your loyalty when you compliment her in front of others; when you are involved in things important to her; also when you help her make decisions, such as ones regarding the children. You are loyal when you don't correct her in front of the children; and when you don't look lustfully at other women. Make her and your marriage a priority, and don't be critical of her or your children in front of others, but be positive. Include her in social gatherings when others may leave their spouses at home. And tell the kids, “*Don't speak to your mother that way!*” Remember to call and let her know your plans and keep commitments you've made.

Esteem: Your wife will feel esteemed when you say, “*I'm so proud of the way you handled that*”; and when you speak highly of her before your friends. Open the door for her. Give her encouragement or praise with kindness and enthusiasm. Notice something different about her hair or clothes. Be affectionate with her in public. Teach the children to show her and others respect. Always value her opinion in the grey areas as not wrong but just different – and valid. Be willing to choose family outings over “*guy things*”. Make her feel first in importance and be proud of her and all she does.

Remember your wife's language is spelt **COUPLE**: closeness, openness, understanding, peacemaking, loyalty, esteem. This will energise your marriage. Your wife will be eating out of your hand and will not find it hard to love you in the respectful way that you desire.

God bless you till next week when we will be looking at practical ways in which a wife can learn to treat her husband with unconditional respect.

October Marriage Month

Week 4

Pauline Michell

Last week we spoke about the wife's language of love, spelt COUPLE: closeness, openness understanding, peacemaking, loyalty, esteem. These are practical ways to love your wife unconditionally, and will energise your marriage. Draw towards her instead of pulling away. Make her feel first in importance. That is one of the main keys to her heart.

We are studying Dr Emerson Eggrich's book, *Love and Respect* and look today at the husband's language of love, namely unconditional respect. We use the acronym CHAIRS which stands for: Conquest, Hierarchy, Authority, Insight, Relationship and Sexuality. Men see themselves as the ones who should *chair* the relationship, being in the driver's seat. We suggest you do the *Respect Test*. When your husband is not busy or distracted, say: "*I was thinking about you today and several things about you that I respect, and I just want you to know that I respect you.*" You are not to wait for any response – but see what happens. Or write those words on a little card and put it into his briefcase. You will be surprised at his response. Show respect regardless of his behaviour. Focus on the positive instead of past negatives.

A good-willed husband may not be as loving as he ought to be, but he is not consciously, wilfully, and habitually trying to be displeasing. Eggrichs says that men are starving for respect. Look at his desires and not his performance. There is a lot you can respect, namely the following:

Conquest: This is the natural, inborn desire of the man to go out and "*conquer*" the challenges of his world – to work and achieve. This started when God put Adam in the garden of Eden to work it, even before Eve was created. A

man usually identifies himself by his work. He is called to be a hunter, a worker, a doer. Have you ever told him, *“Thank you for working for our family?”* A husband wants a woman to believe in him and to admire him. Most of us felt this way when we fell in love, but now years later, you may be criticising his work efforts. See yourself as his helpmate. Listen to his work stories. Allow him to dream as you did when you were courting. Don't criticise his work to get him to show you more love. Honour and appreciate him for working. Never put down his job or how much he makes, even with your body language. Support him in a difficult financial season. If you have concerns about his spending, respectfully voice your concerns, and try to offer solutions.

Hierarchy: Another desire God built into the man is to protect and provide for his wife and family, and if necessary, to die for them. He wants to protect you even by paying insurance for the family. The wife is called to place herself under his protection. He wants you to have a house and puts safety gadgets in it. Eph 5:22 says, *“Wives be subject to your own husbands, as to the Lord. For the husband is the head of the wife.”* God gives the husband a tremendous responsibility to *“love his wife, just as Christ also loved the church and gave Himself up for her.”* The problem today is that a woman wants to be treated like a princess, but deep down she resists treating her husband like the king. Say to him, *“I was thinking about you, that you would die for me. That is an overwhelming thought to me. I respect and admire you.”* Never mock the idea of *“looking up to him”* as your protector.

Authority: Appreciate his desire to serve and to lead. Many a wife wants him to be the head and leader. But unfortunately she just wants to make sure that he makes decisions in keeping with what she wants. Male headship and authority is a sensitive one today. When disagreements arise and a

decision must be made, she is called upon to defer to her husband, trusting God to guide him to make a responsible decision. When love and respect, and give and take are present in marriage, husbands and wives process things far more wisely, and they end up “*mutually submitting*” to one another. Of course a wife need not submit to something illegal, wrong or evil or dishonest. In that case he forfeits his right to be followed and her submission to God takes precedence over her submission to her husband. But tell him you are thankful for his strength and you enjoy being able to lean on him. Support his self-image as a leader and praise his good decisions. Be gracious if he makes a bad decision – only disagree with him in private and honour his authority in front of the kids. Never attack his right to lead.

Insight: Appreciate his desire to analyse and counsel. Often husbands are more respected and admired at their work place than at home. He wants the same kind of respect that he receives at work. Men have a lot of ability and insight we as wives ignore to our loss. If you think that your husband's ideas are not worthy of consideration, he will just shut down. Paul reminds us in 1 Timothy 2:14 that it was Eve who was deceived, not Adam - he disobeyed God. But husbands and wives need each other, because he will see what she does not see. Often wives criticise their husbands for failing to give spiritual leadership to the family. Eggrichs says that if you are judging your husband with contempt, you are grieving God's heart. A critical spirit is not the way to win him over to your convictions. Ask yourself if you give the impression of being better than him, or seeing yourself as righteous and him as unrighteous? Don't try to be your husband's Holy Spirit.

So ask him for his advice and thank him for it without insulting him. Recognise his problem-solving approach as his male brand of empathy. Be respectful if you differ with his ideas, and be careful not to be right, but wrong at the top of your voice. Let him solve problems and applaud his solutions. Let him know you need him. Admit that you can be wrong, and thank him for his godly counsel.

Relationship: Appreciate his desire for shoulder-to-shoulder

friendship. Women share experiences by talking about them face-to-face with others, but men like to share an activity. Most husbands just want their wife to be with them, or watch TV with them, or watch them work, without saying anything. So be patient with, "*Just sit with me*" in silence and show him that he matters. You enjoyed that while courting, but 3 children and a ton of laundry later, there seem to be so many more important things to do than just sit with him with little or no talking. This silent friendship may seem a bit odd, but it energises him, and his fondness for you will grow inexplicably. So tell him and show him you *like* him. Spend time just being with him. Encourage him to spend time alone, which energises him to reconnect with you later. Respect his activities with male friends.

Sexuality: Appreciate his desire for sexual intimacy. As a wife meets his physical need, he will reach out to meet her emotional need. Someone has said, just as the devil will do everything he can to bring two people together sexually *before* marriage, he does everything he can to keep them away from each other *after* marriage. Eggrichs says, just as your husband should minister to your spirit to have access to your body, so too, you should minister to his body if you want to gain access to his spirit. A husband has need for physical release through sexual intimacy. When a wife refuses, that symbolises to him that she does not care about him and does not respect him and his need. You respect him when you appreciate his sexual desire for you. 1 Cor 7:5 says, "*Stop depriving one another, except by agreement for a time,... and come together again so that Satan will not tempt you.*" As a woman, you may think that you have to feel close in order to share sexually; but for him, it is the reverse: the sexual act is what brings the two of you close! Remember, you can't get what you need by depriving him of what he needs. Husbands crave admiration and sex. Give him both, else he will be tempted by someone else who may offer that to him. Understand that he is tempted sexually in ways that women aren't. If you allow him to talk about his struggles without getting upset, you will be his friend as well as his lover. Don't shame him, punish him or deprive him sexually. Most women need to respond to their husbands sexually more often and initiate it periodically. This is one of the best ways to get off the Crazy cycle and to get onto the Energising Cycle. CHAIRS will show him unconditional respect. God bless you as we all try to implement these principles in our marriages.

