

# As Your Husband I Feel Respected When...

**Conquest:** I feel you appreciate my pursuits in my field (my desire to work and achieve) when you:

- tell me "thanks" for going to work everyday for the family
- cheer my successes whether in business or in sports
- ask me to talk about my dreams

**Hierarchy:** I feel you appreciate my position as overseer (my desire to protect and provide and even die for you) when you:

- say to me "I really do look up to you for feeling responsible for me"
- tell me that you are deeply touched by the thought that "I'd die for you"
- praise my commitment to provide, i.e. "bring home the bacon"

**Authority:** I feel you appreciate my power on your behalf (my desire to be strong, to lead and make decisions) when you:

- tell me I'm strong as you squeeze my muscle (it's symbolic)
- praise my good decisions
- honor my authority in front of the kids and differ with me in private

**Insight:** I feel you appreciate my perspective and proposals (my desire to analyze and counsel) when you:

- thank me for my advice and knowledge
- let me fix things and applaud my solution orientation
- tell me up-front you need "an ear" to listen and not a solution

**Relationship:** I feel you appreciate my partnership and pastimes (my desire for a shoulder-to-shoulder friendship) when you:

- tell me you like me
- do recreational activities with me, or watch me do them
- encourage alone time for me; this energizes me to re-connect with you later

**Sexuality:** I feel you appreciate my passions and pleasures (my desire for sexual intimacy) when you:

- initiate periodically
- respond more often
- let me acknowledge my sexual temptations without shaming me or me feeling shamed



# As Your Wife I Feel Loved When...

**Closeness:** I feel a closeness with you (face to face and heart to heart) when you:

- hold my hand
- hug me
- are affectionate without sexual intentions

**Openness:** I feel an openness with you (you are not secretly mad) when you:

- share your feelings
- tell me about your day and challenges
- talk without harshness, guardedness, or grunting

**Understanding:** I feel you understand me (empathize with me) when you:

- listen to me (know when to give advice and when not to solve my problems)
- repeat back what I sometimes say so I know you're listening to me
- express appreciation for my contribution and roles by saying, "I couldn't do your job"

**Peacemaking:** I feel at peace with you (issues are resolved) when you:

- admit you are wrong and apologize by saying "I am sorry" (which is a turn on to a woman)
- keep the relationship up to date, resolve the unresolved, and don't say "forget it"
- pray together after a hurtful time

**Loyalty:** I feel a loyalty from you (complete commitment) when you:

- don't look at other women
- speak only positive things about me before family and friends; no airing of dirty laundry
- do not bring up the "D" word (Divorce) but are committed until death do us part

**Esteem:** I feel esteemed by you (treasured above others) when you:

- verbally support and honor me in front of the children
- praise me for what I do for you
- value my opinion in the gray areas; not wrong just different from you



## Questions to ask for the Love and Respect worksheet.

Pass out worksheets. Give the As Your Husband I Feel Respected When to the woman and the As Your Husband I Feel Respected When to the man. Have each couple read the worksheet of their partners quietly, at the same time. When everyone is done, start the discussion with each idea that was listed on the sheet.

Conquest/Closeness  
Hierarchy/Openness  
Authority/Understanding  
Insight/Peacemaking  
Relationship/Loyalty  
Sexuality/Esteem

Explain the concept of how God designed the man as a warrior/protect and the women as a helpmate.

Genesis 2:18, Genesis 2:24, 1 Peter 3:7, Ecclesiastes 4:9  
1 Corinthians 11:3

What are the differences between each idea? Ex. –  
Conquest/Closeness

Would anyone like to share an area that his or her “spouse to be” could understand you better?

Work for the couples to understand the communication these areas take. Allow the conversation to flow. Use an example from your own marriage to start the conversation.