

Session 4

" **מדינה** " **את** " **מדונה** "

A Chosson's Chaburah

How to Listen so that your Wife talks

מִצְצָא אִשָּׁה מִצְצָא טוֹב

more
bitter than
death

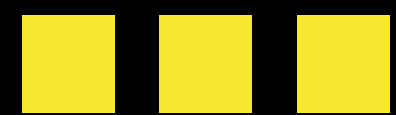
a man who
finds
a wife
finds
GOOD

וּמִמּוֹצְאָא אֲנִי מֵרַ מִמּוֹת אֶת־הָאִשָּׁה



heaven

or



many times

it's your

choice

Quick Recap:



3 PILLARS OF A SUCCESSFUL MARRIAGE

COMMITMENT

LOVE

LEARNING TO
LIVE TOGETHER

stress this enough

I can't

repeat this enough

A **husbands** role is to

Romance

his wife

LOVE

is the

glue to a

marriage

Most **men** I speak to
Are **happily** married

it's their wives
that aren't

66% of divorces are initiated by women

**It's the woman who typically is
unsatisfied with the
relationship**

**Steipler-
Letter**

**The main hope of a woman
in her world is to have a
husband who loves her.
When she sees that this
isn't so, it crushes her spirit
and can be
close to pikuach nefesh**

mini vacations

love notes

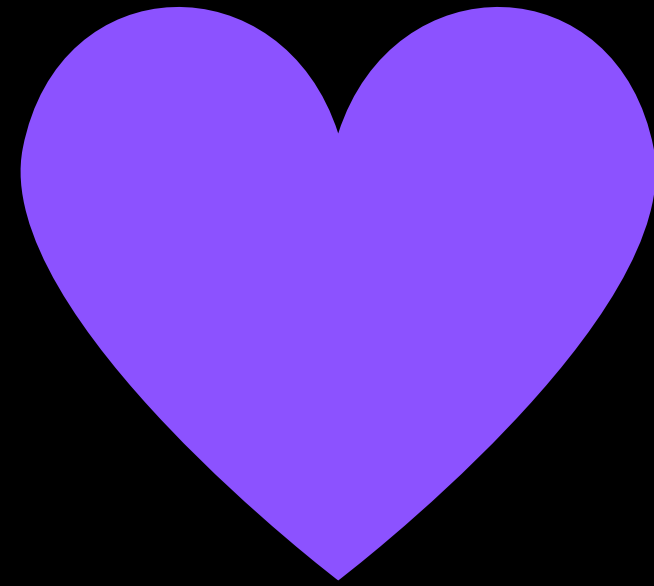
gifts

date nights

texts during the day

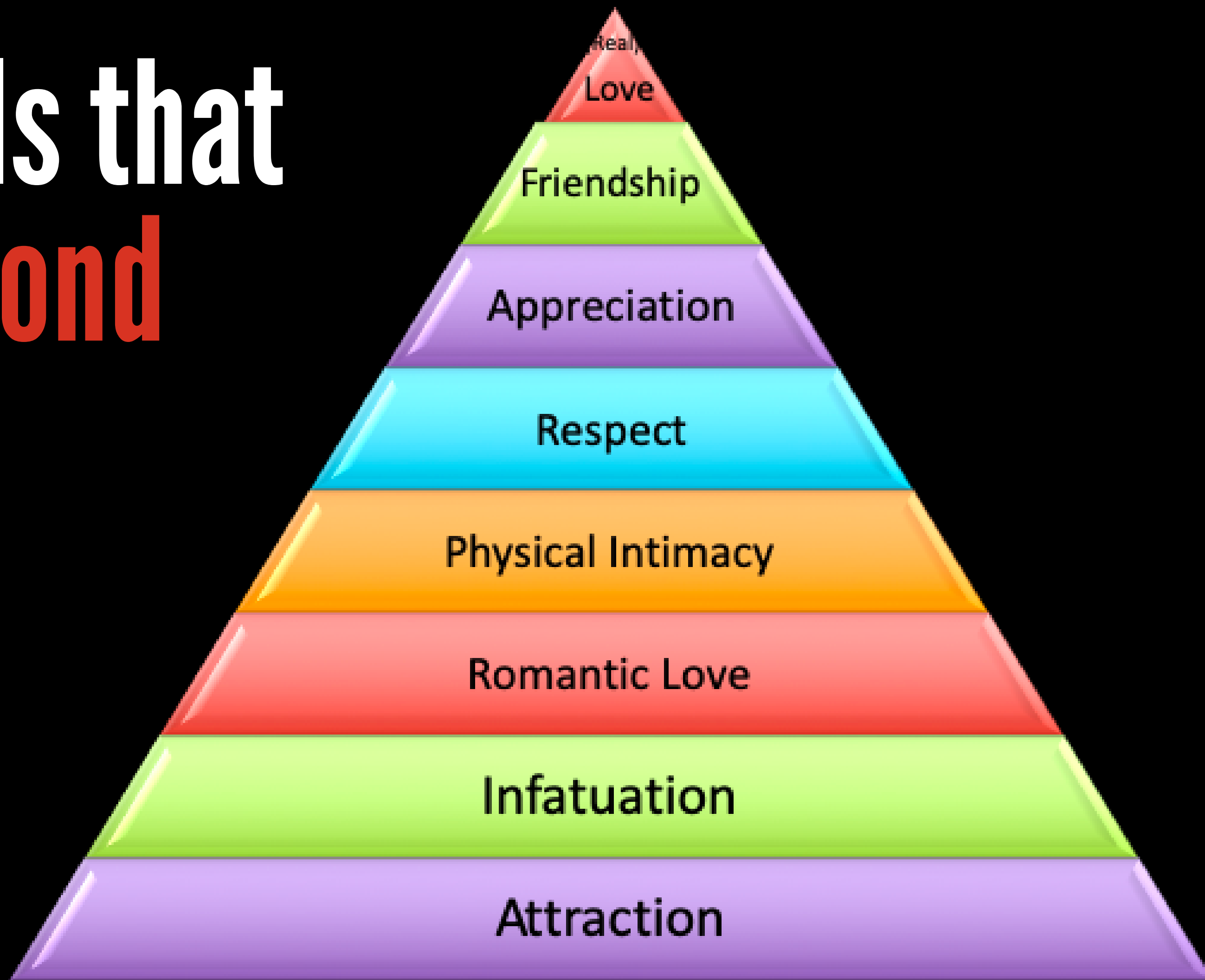
all the things

a couple
in love



should be doing

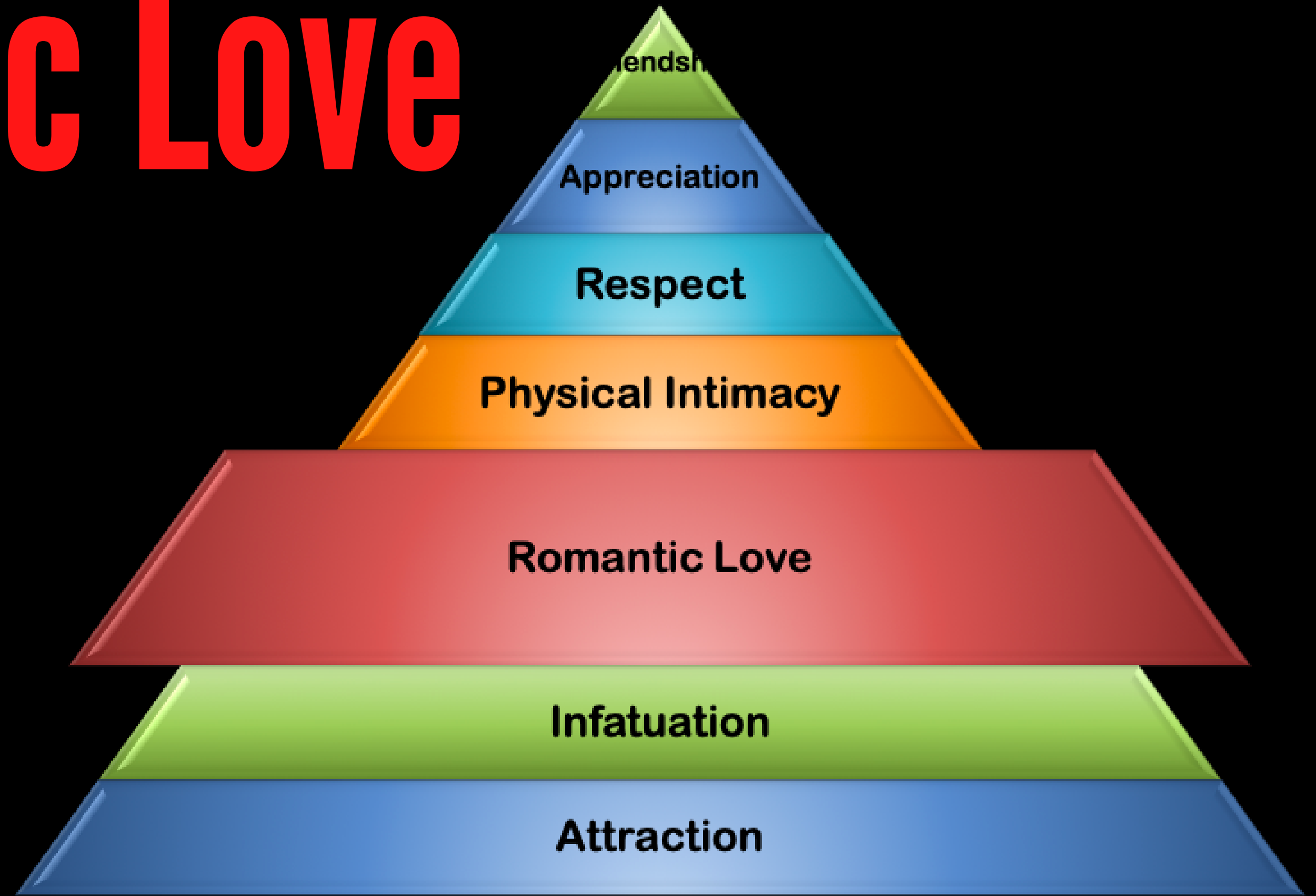
Tools that Bond



Romantic Love

Tools that

Bond



Make his

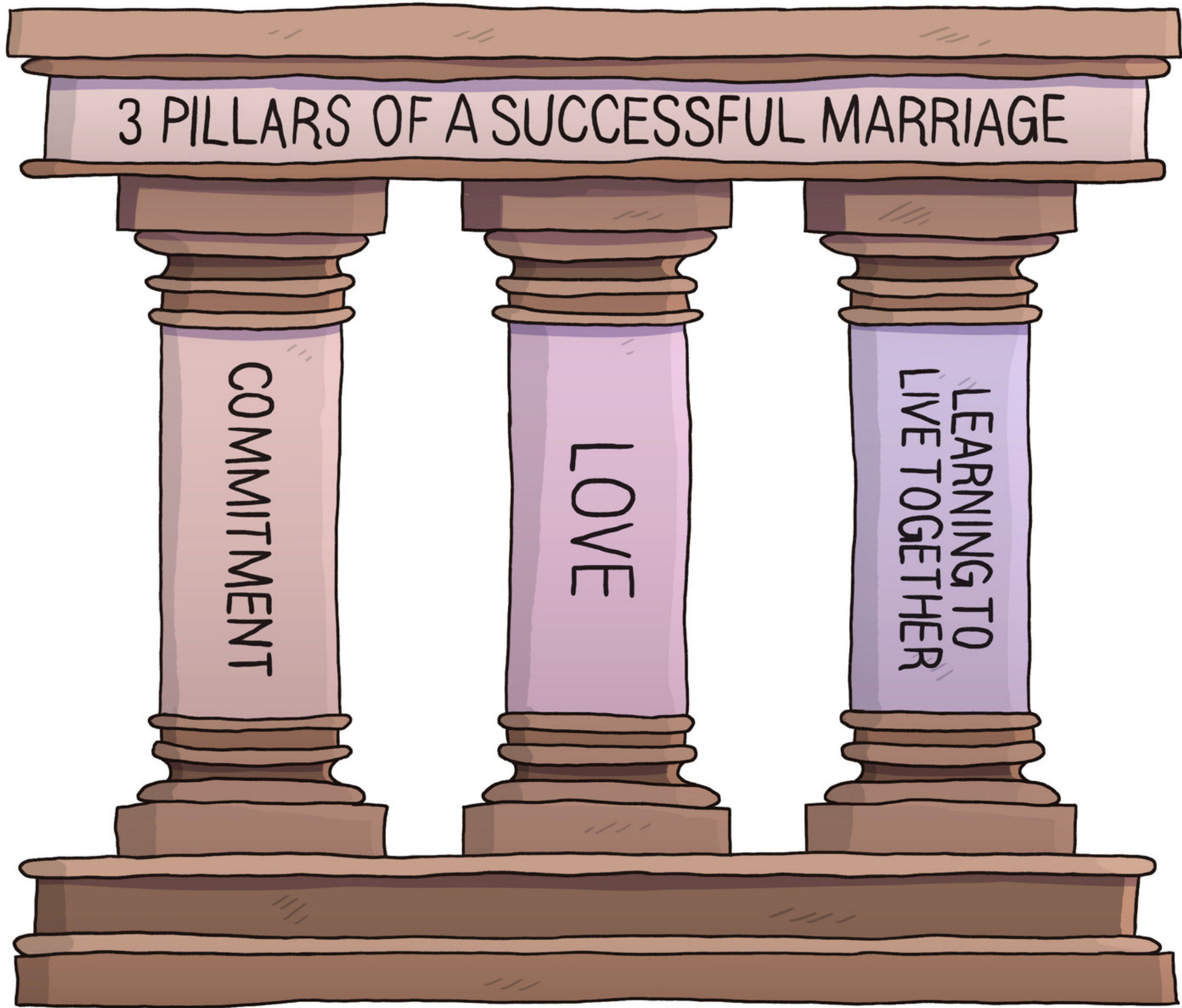
wife

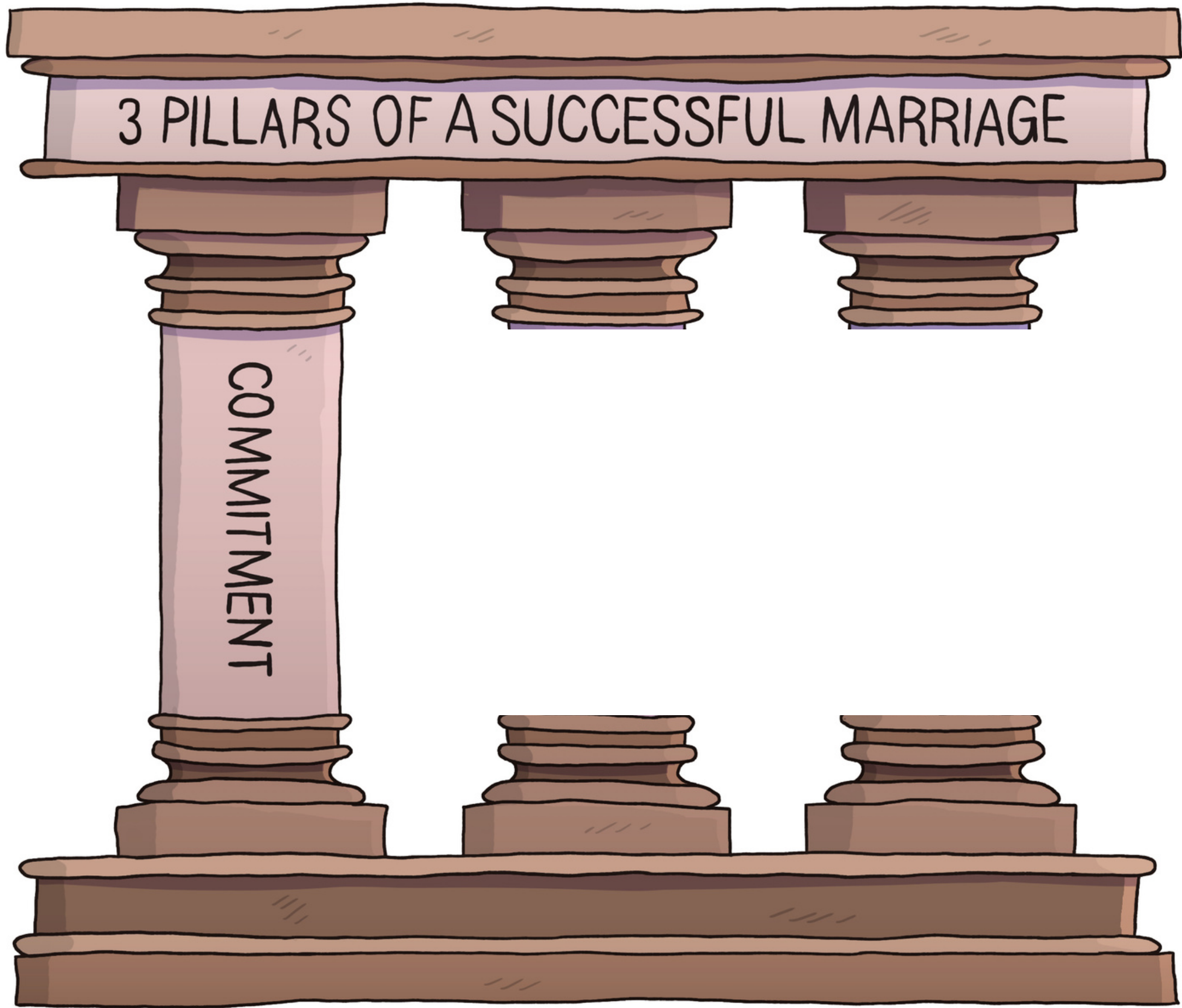
Happy

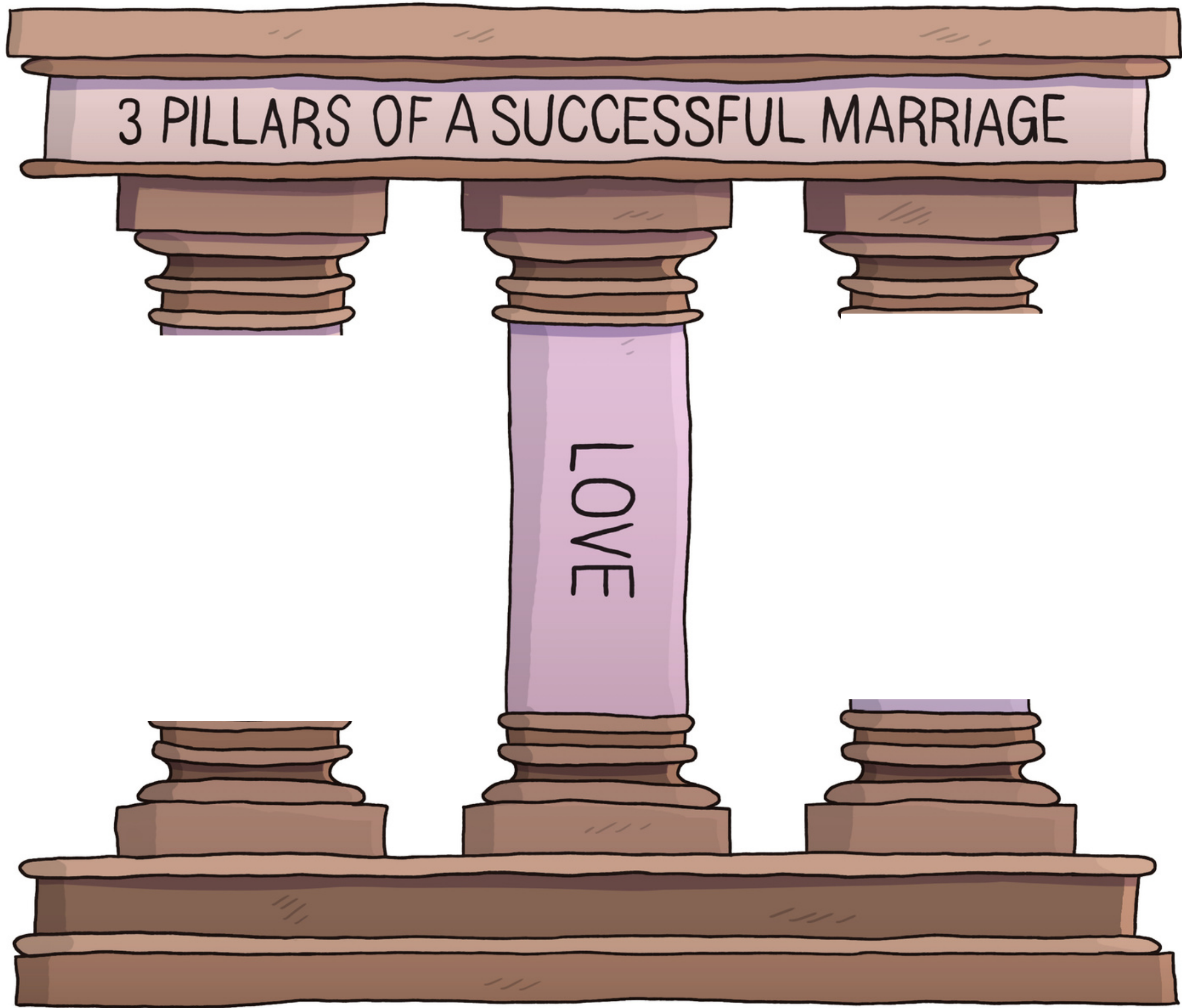
**When a husband focuses on this
his wife hears**

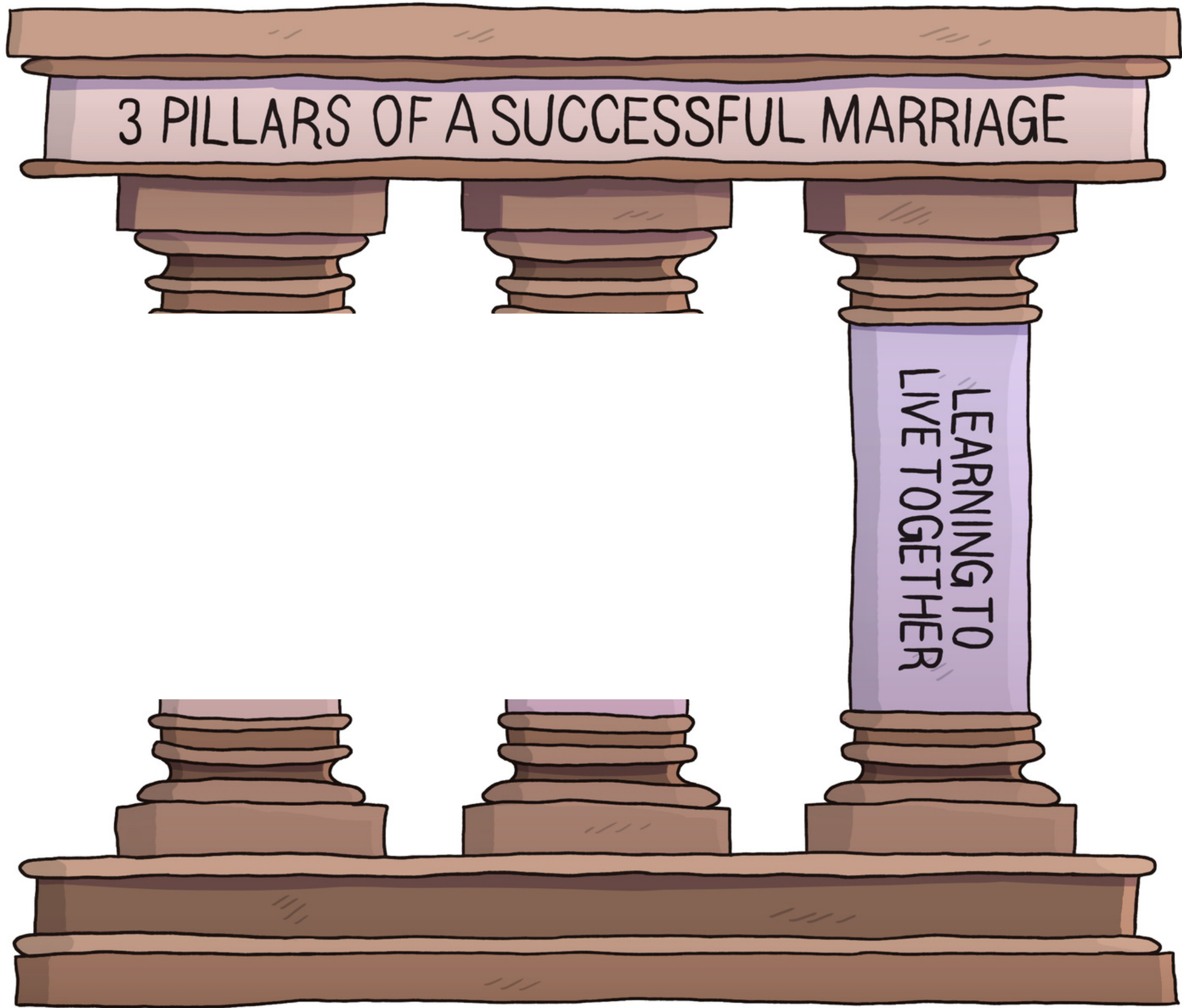
words deeds actions

He
chenisches
me









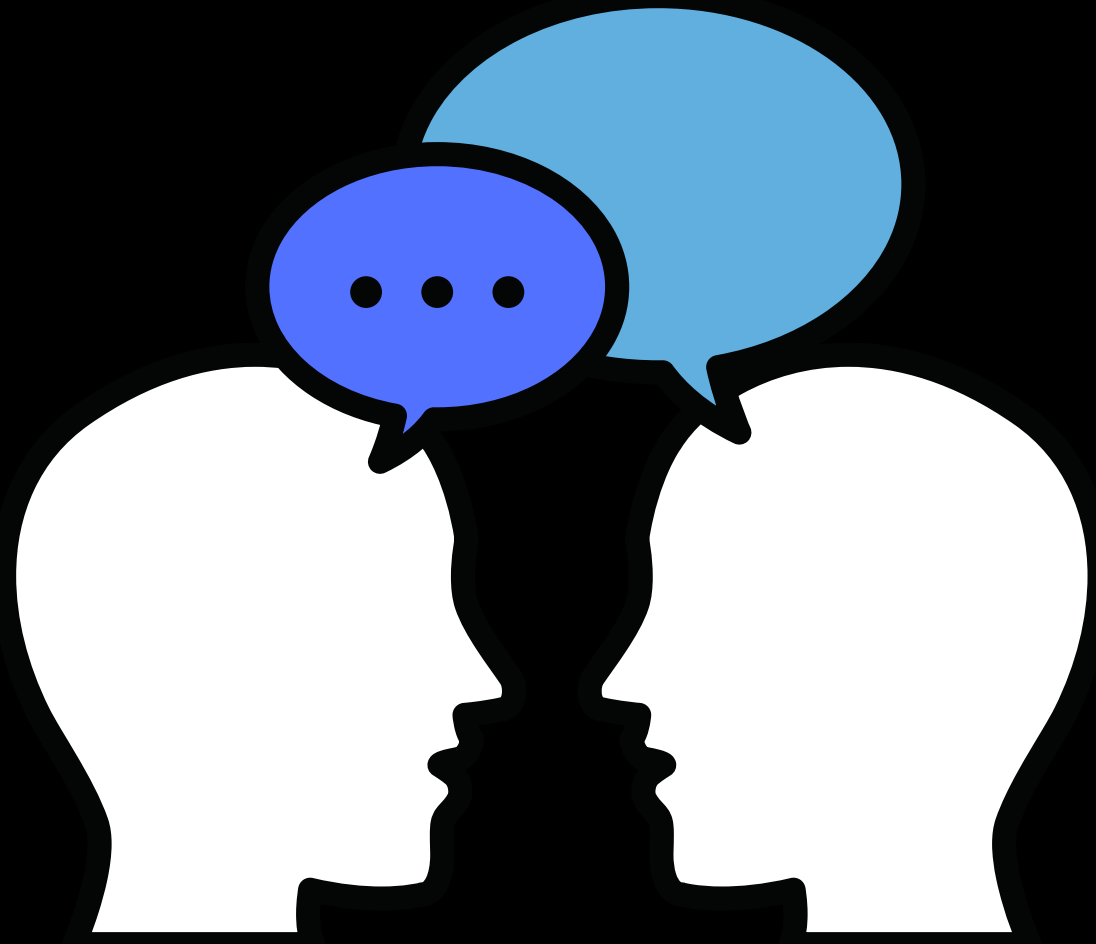
10 REALLY
DUMB
MISTAKES

**FORGETTING THAT LOVE IS
THE GLUE OF MARRIAGE**



this.

session



Session 4

Communication

How to **Listen** so that

your **Wife** talks

בראשית פרק ב

וַיֵּצֵר׃ יְהוָה אֱלֹהִים

מִן־הָאֲדָמָה כָּל־חַיֵּי הַשָּׂדֶה׃

וַיֵּאֲת׃ כָּל־עוֹף הַשָּׁמַיִם׃

בראשית פרק ב

וַיִּבְרָא אֱלֹהִים אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ

מִמַּדְּבַר-קִיּוּן וְכֹל אֲשֶׁר

לִקְוֵי-אֶרֶץ-קִיּוּן הַשָּׁמַיִם נִפְשׂוֹת חַיִּים

הָיוּ שָׂמוּ:

ספר בראשית פרק ג

כ) וַיִּקְרָא הָאֱלֹהִים אֶת־הָאָדָם שֵׁם
אֲשֶׁר־עָשָׂה כִּי הוּא
הָיָה אֵלֶּם כָּל־הַיּוֹמִים

בעל הטורים על בראשית פרק ג

(כ) ויקרא האדם שם אשתו

חווה - על שם שמחווה

וזזהו שאמרו (קידושין מט, ב) יו"ד
קבין שיחה ירדו לעולם, תשעה נטלו
נשים

His wife he named Chava, which means
“**talker**,” as in the teaching that **ten**
measures of speech came down into
this world. Women took nine of them.

(Kiddushin 49b)

2.
questions

1

It doesn't sound

very **complimentary**

to call your wife



“Talker”

“He called her **Chava**
because she is the
mother of all people.”

כְּפִי הָיוּ אֵלֶּה הַלְּיָתֵדָה אֵת כָּל חַי

“Talker”

that's not why she is the

2

progenitor of
the human race

ספר בראשית פרק ג



כ) וַיִּקְרָא הָאָדָם שֵׁם
אִשְׁתּוֹ חַוָּה כִּי הוּא
הֵיְתָה אֵם כָּל חַי

What does a child
need to thrive?

In the late 1940s

Physical contact with infants was considered harmful to their development, and this view led to sterile, contact-less nurseries across the country

Hospitals would keep
babies **isolated**

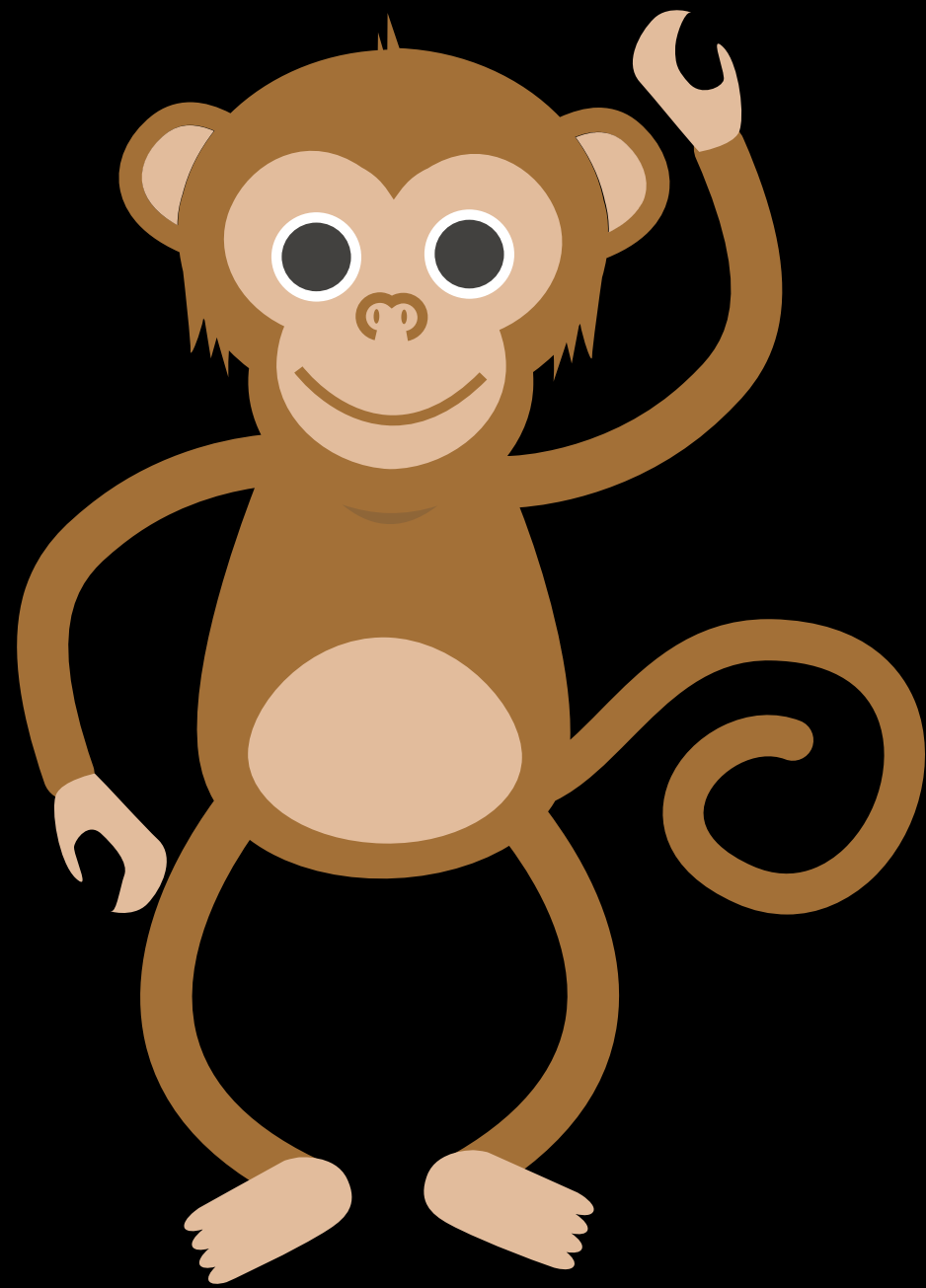
Orphanages would prop bottles
and leave them unattended

mothers were told

"don't pick up your baby

when it cries"

Harry Frederick Harlow



Raised infant macaques in isolation chambers for up to 24 months, from which they emerged severely disturbed

It is now

common wisdom

A child needs to be

- **Part of a home**
- **To be supported**
- **Loved**
- **Nurtured**
- **understood**

What are Relationships



Relationships

are

social

connections

Social **connections**

are

- **Created**
- **Maintained**
- **developed**
- **repaired**

via.

communication

HASHEM created men and women with different

natures, abilities,
and temperaments

Each was properly equipped to do

their job

A woman is the

Akeres Ha'Bayis

the main support of the house

Nurture

Cultivate

Support

Care for

her home



the
people



of her home

her

children

husband

family



Relationship

Manager

the home



ספר בראשית פרק ג

כ) וַיִּקְרָא הָאֱלֹהִים אֶת־הָאָדָם שֵׁם
אֲשֶׁר־עָשָׂה כִּי הוּא
הָאֱלֹהִים אֲשֶׁר־עָשָׂה כִּי הוּא

בעל הטורים על בראשית פרק ג

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נשים

gifted.

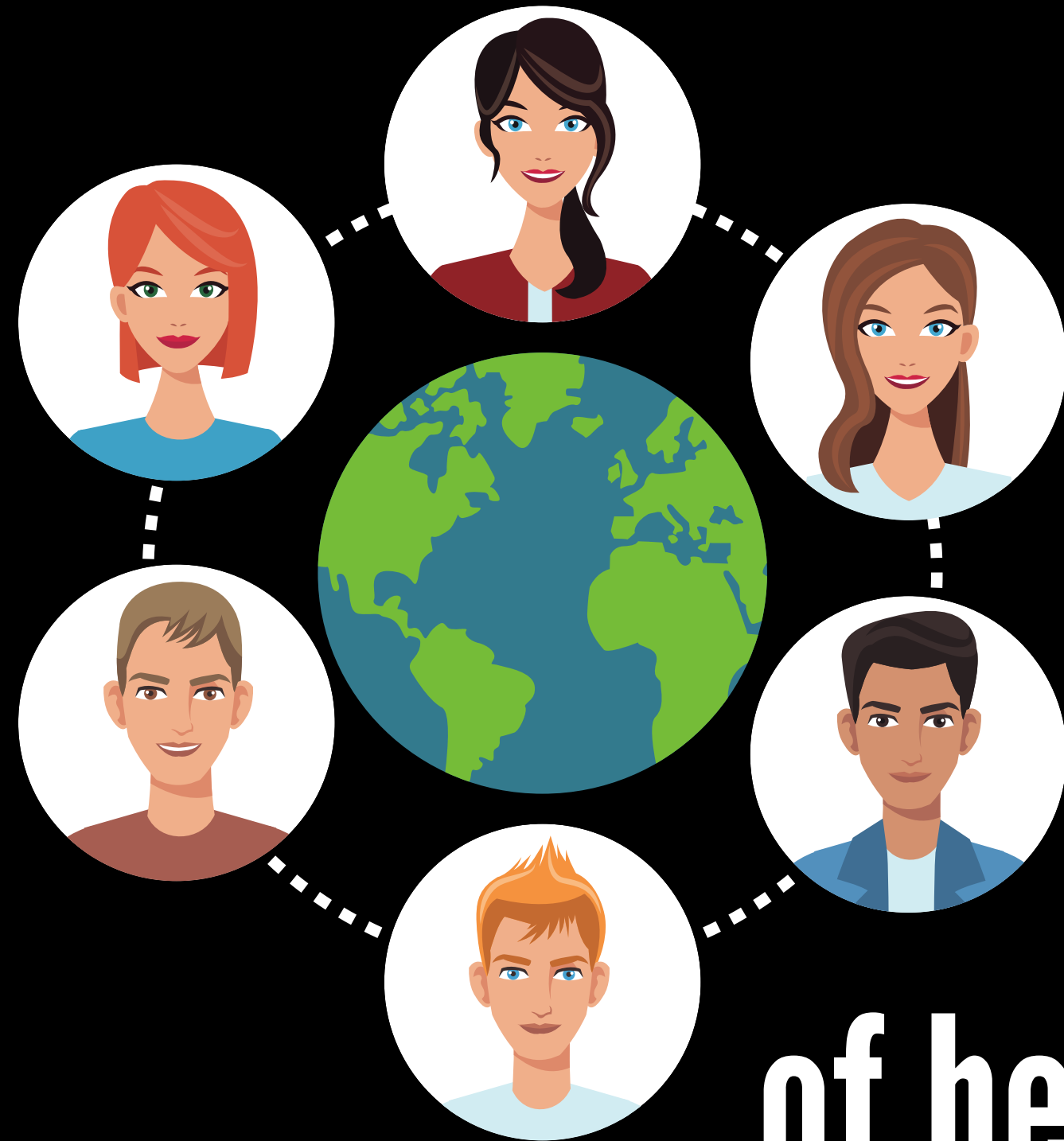
unique

capacity



Nurture
Cultivate
Support
Care for

the people



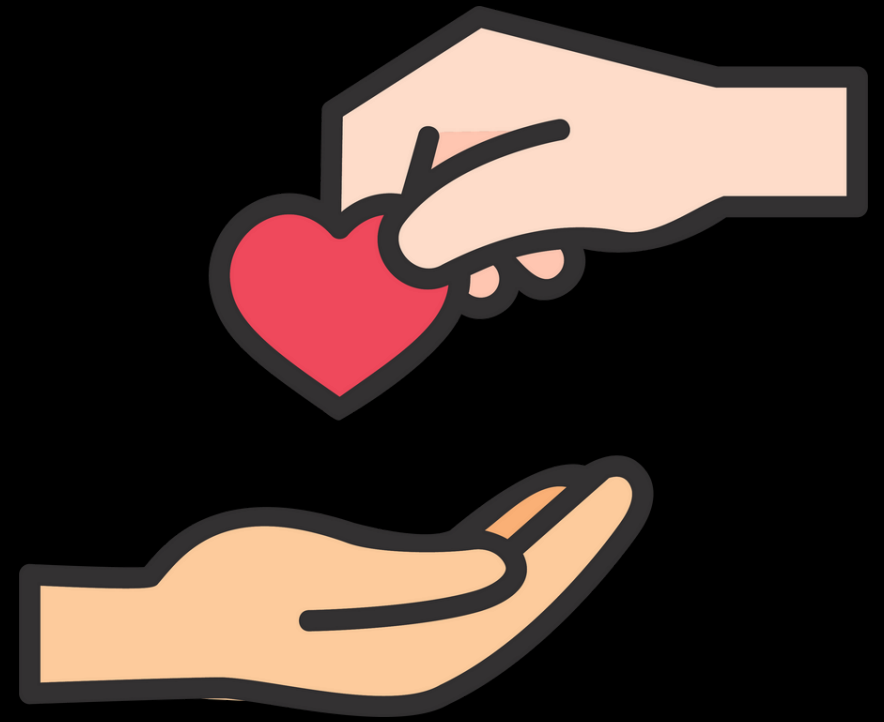
of her home



marriage

What is the most important

ingredient



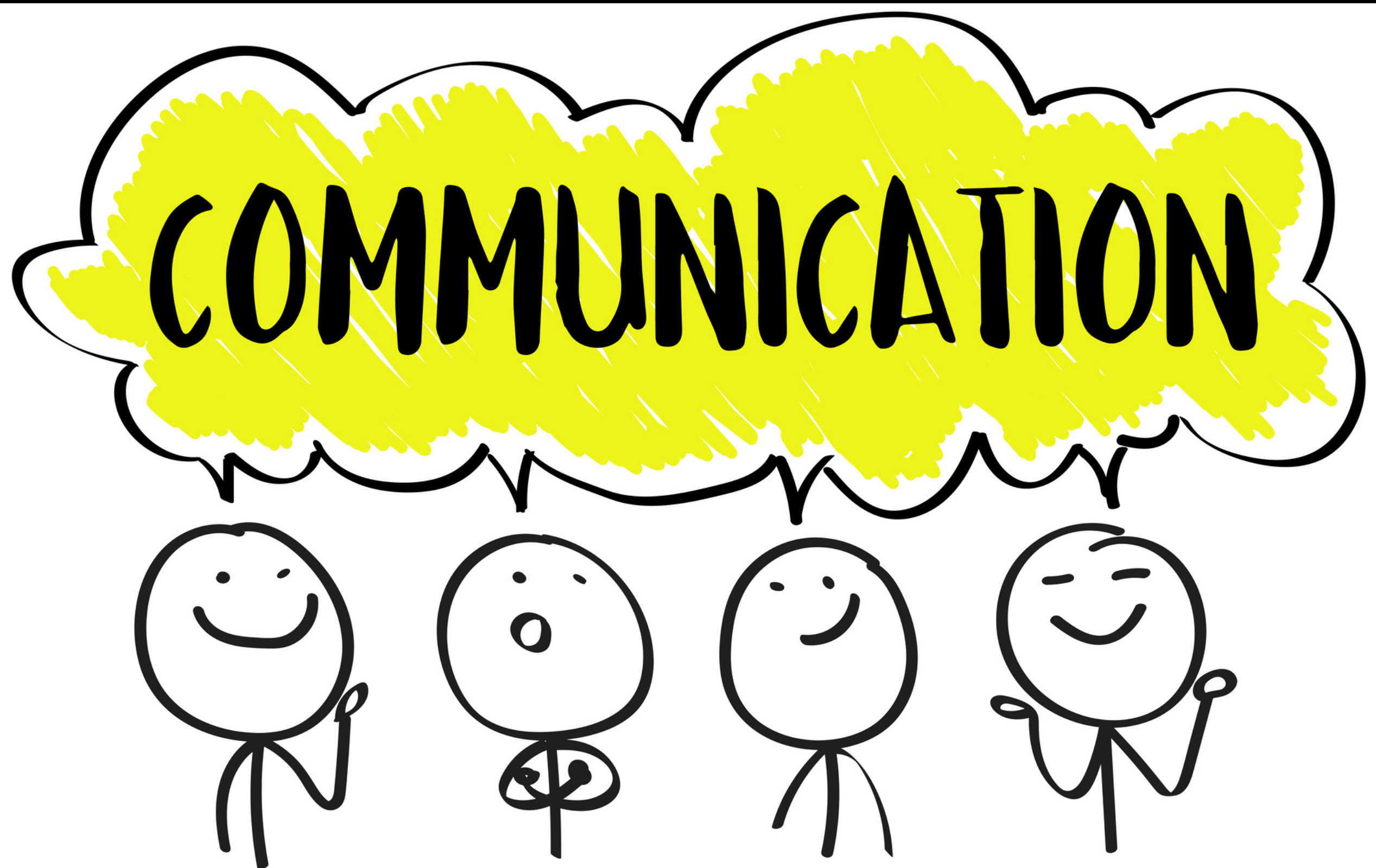
in a successful relationship

Ted Huston, a psychologist at the University of Texas

In a study of 264 couples, asked

“What is the most important issue in the **satisfaction** of their **relationship**?”

Almost all **women** answer:



Almost no **men** said:

Communication

The most common
complaint that marriage
therapists
hear from **women** is:

"We never talk"

The most common
complaint that marriage
therapists
hear from **men** is

"All we do is,

talk, talk, talk"



Go to a Kiddush

listen to the

WOMEN

listen to the

men

00000oh!

ohhhhh!

aaaaahh!

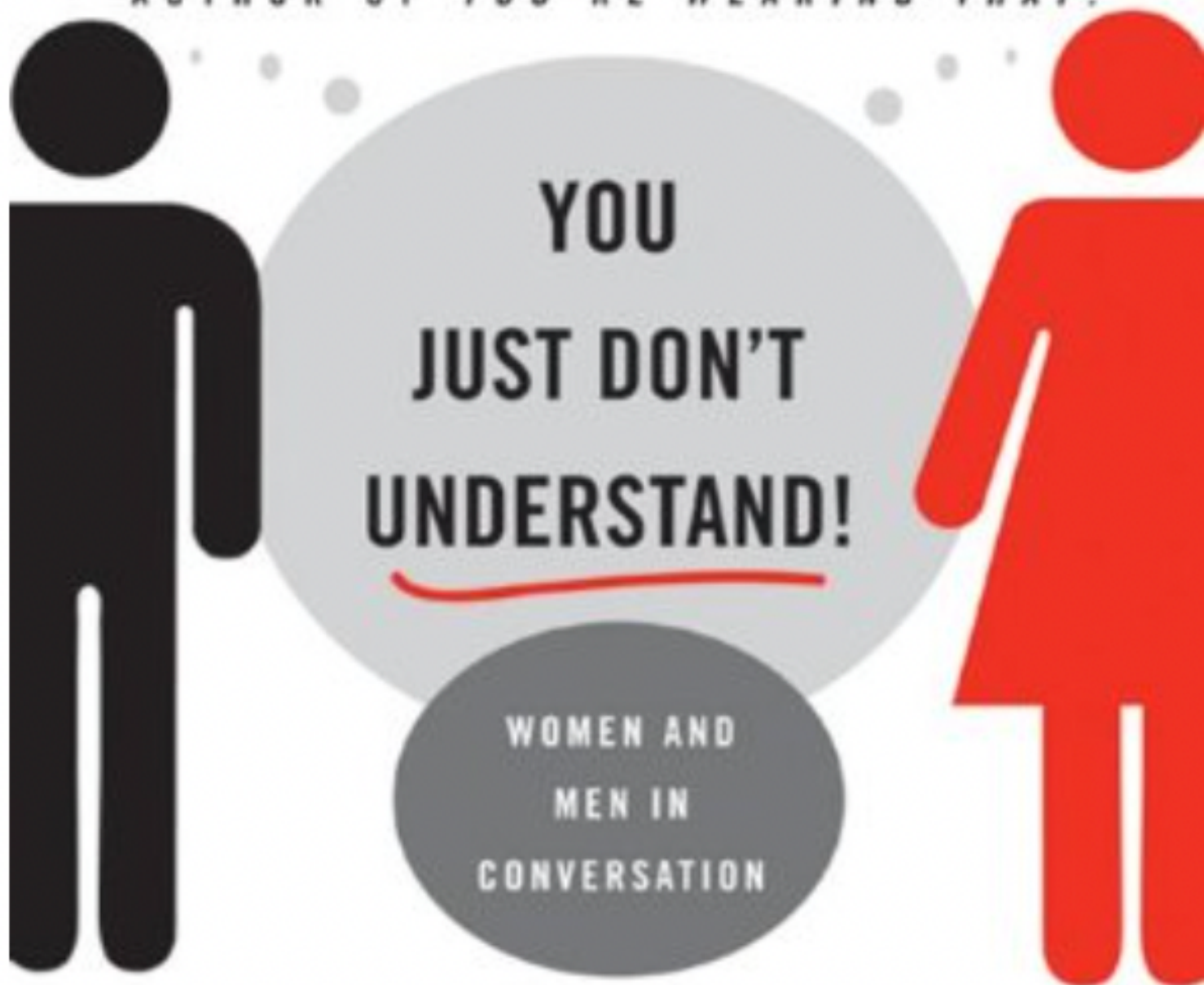
Deborah Tannen

**Professor of Linguistics at
Georgetown University**

#1 NATIONAL BESTSELLER

DEBORAH
TANNEN

AUTHOR OF *YOU'RE WEARING THAT?*



"Utterly fascinating . . . a classic in the field." —*San Francisco Chronicle*

**Studies Men and Women
in conversation**

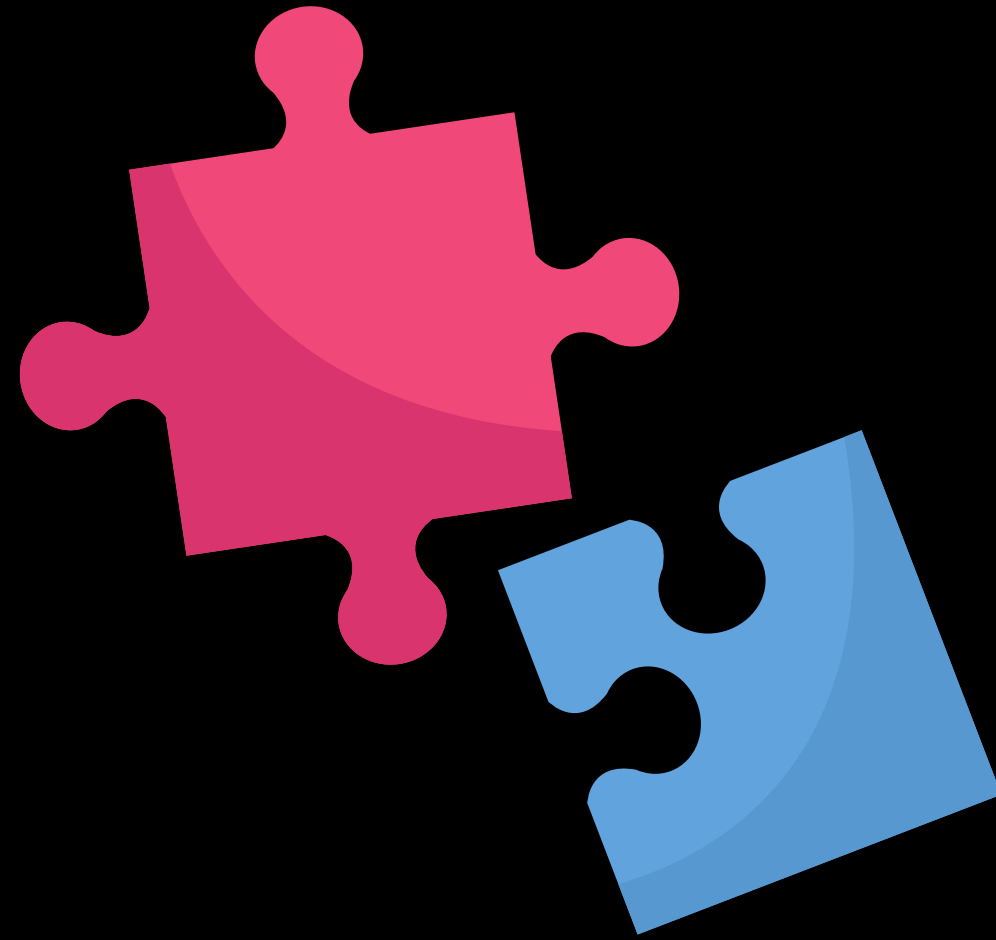
Why **women** **talk**

Women talk to

create
the relationship

They share things

They express things



to bring **you**
into **their** world

bring **themselves**
into **your** world

What

women talk about

Rapport Talk

- **People**
- **Occurrences**
- **What happened**
- **What she said**
- **What he said**

Why

men

talk

men talk to -
communicate

- **Ideas**
- **Concepts**
- **Ways of doing things**

What

men talk about

Report Talk

- **Politics**
- **Sports**
- **Business**
- **Money**

Report Talk

Tips

for talking

#1- Listen



the average individual

listens for only

17 seconds



before interrupting and interjecting his own ideas.

How to Listen so your

Wife talks

How to talk so your

Wife listens

how was

your

day?



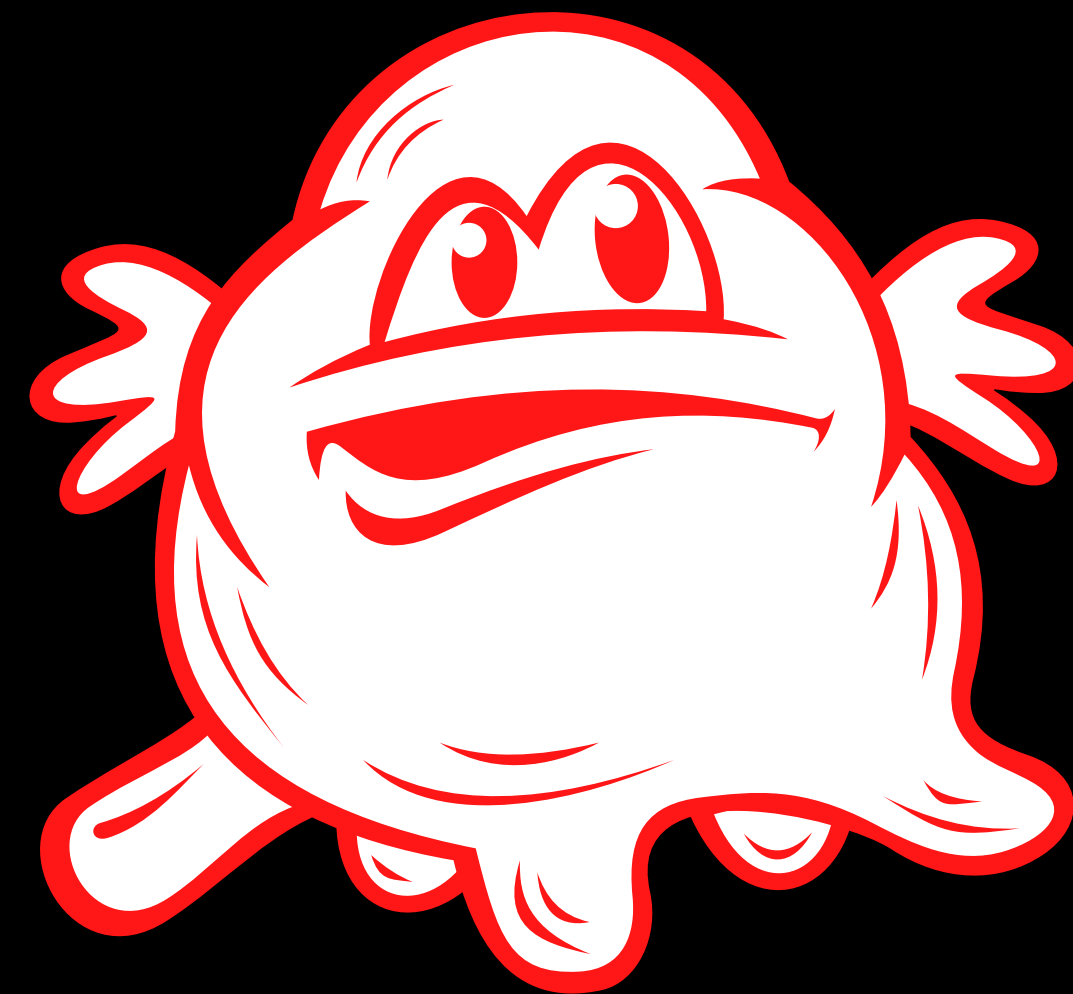
people
skills 101

is the soup
too salty



you might as well say

you are



fat & **ugly**

but why?

the soup

represents her



she will hear it as:

what i made isn't good

I'm not good



life



Lesson

when you

my **refute**
opinion

you
refute
me

people

are strange creatures

and I too

am a human being

don't

refute

your spouse



shlug her up

prove her **wrong**

show her how **foolish** she was

what

she will

hear



he
hates
me



you will have

complaints

about your wife

quiet

irresponsible

timid

noisy

Too bold

on time

no fun

too neat

domineering

cheap

mEEK

Spends too much

flightly

sloppy

what

she will

hear



he
hates
me



Embrace
her as she **is**

Or

Surfer

Embrace

Or her as she **is**

Sufferer

that's
obvious

what's not as obvious...

many

things that you will say

your **wife** is going to
hear **differently** than
you intended

#2 - Don't Fix it



as a **H.S.**

Rebbe

she's

not

looking for

advice

validation

f-all **her**
friends



would react that way

most **guys** don't
work that way

what she hears when you don't
validate

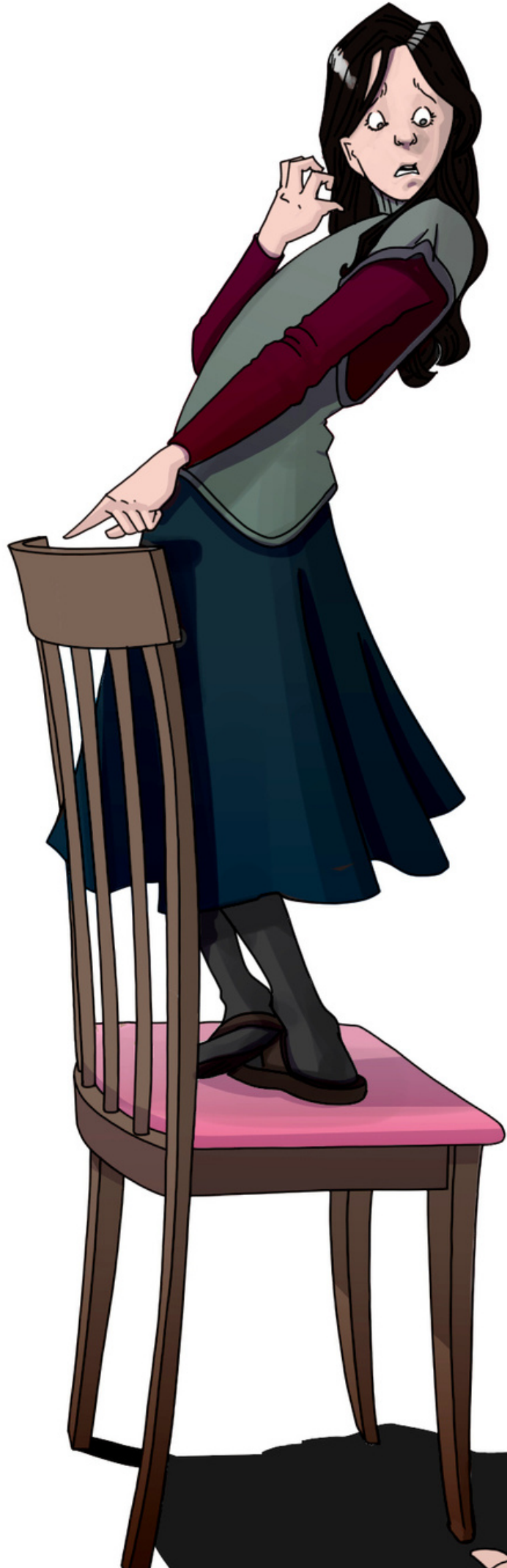
different **we are** **different**

he doesn't

care

erweil
he is

I have a question. My wife over reacted (**extremely**) to a situation. **She didn't speak to me** from Thursday evening until Sunday evening, (including mikveh night on motzei shabbos). My question is now that things, b'H , have passed and are "**back to normal**" should I discuss it with her, expressing that I felt **very hurt**, or do I move on accepting this is the reality (and wait for the **next round**)?



a cockroach!



what she is. ■ ■

experiencing

terror!

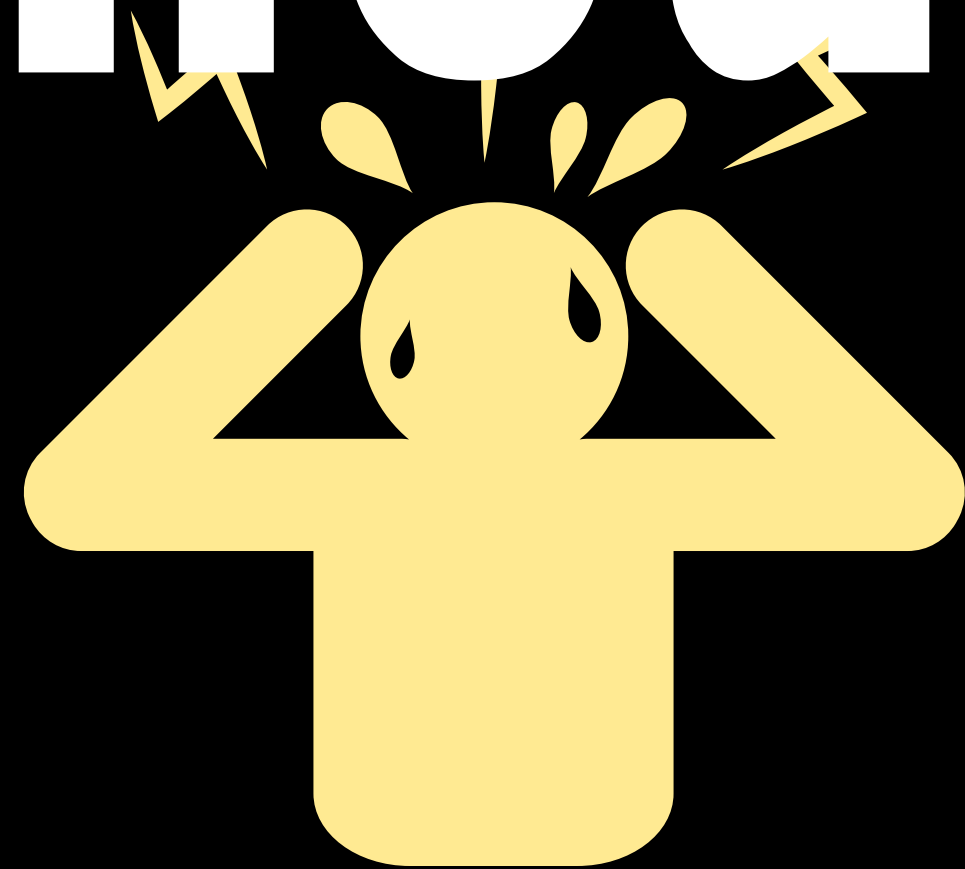
2 German Shepards



My Experience
Defines Reality

some
examples

overwhelmed



Shabbos

was so much work!!!