

## CLIMBING OUT OF MARRIAGE'S DEEPEST PIT

accept my counsel and reestablish harmony with Laurie, she will mentally open up to you again. She'll gain new romantic love for you. Finally, she will desire to be near you again.

"This is the reality of life," I advised Mark. "In cases where a woman has fallen in love with another man or has been severely mistreated, it may take longer to win her back."

A man often becomes disgusted when his wife doesn't sparkle with romance anymore, not realizing that he killed that sparkle with his hurtful ways. So what steps can a man take to rebuild a harmonious relationship with his wife?

### **Identify the Ways You May Have Hurt Your Wife**

To help you avoid hurting your mate, I have included a list of ways a husband commonly offends his wife. Go through the list and see if you can identify some of the ways you have failed your wife in the past. If you need help, you have an expert in your own home—your wife. Calmly and gently ask your wife to identify some of the problem areas as well, and listen carefully to her answer. You may be amazed at how well she remembers your unloving words and actions. Hearing her words and seeing the list in black and white may help you realize how offensive these behaviors are and how deeply your actions can wound her.

1. Ignoring her.
2. Not valuing her opinions.
3. Showing more attention to other people than to her.
4. Not listening to her or not understanding what she feels is important.
5. Closing her out by not talking or listening to her (the silent treatment).
6. Being easily distracted when she's trying to talk.

7. Not scheduling special time to be with her.
8. Not being open to talk about things that you do not understand.
9. Not being open to talk about things that she does not understand.
10. Not giving her a chance to voice her opinion on decisions that affect the whole family.
11. Disciplining her by avoiding her.
12. Making jokes about areas of her life.
13. Making sarcastic statements about her.
14. Insulting her in front of others.
15. Coming back with quick retorts.
16. Giving harsh admonitions.
17. Using careless words before you think through how they will affect her.
18. Nagging her in harshness.
19. Rebuking her before giving her a chance to explain a situation.
20. Raising your voice at her.
21. Making critical comments with no logical basis.
22. Swearing or using foul language in her presence.
23. Correcting her in public.
24. Being tactless when pointing out her weaknesses or blind spots.
25. Reminding her angrily that you warned her not to do something.
26. Having disgusted or judgmental attitudes.
27. Pressuring her when she is already feeling low or offended.
28. Lecturing her when she needs to be comforted, encouraged, or treated gently.

29. Breaking promises without any explanation or without being asked to be released from the promise.
30. Telling her how wonderful other women are and comparing her to other women.
31. Holding resentment about something she did and tried to make right.
32. Being disrespectful to her family and relatives.
33. Coercing her into an argument.
34. Correcting or punishing her in anger for something for which she's not guilty.
35. Not praising her for something she did well, even if she did it for you.
36. Treating her like a little child.
37. Being rude to her or to other people in public, like restaurant personnel or clerks.
38. Being unaware of her needs.
39. Being ungrateful.
40. Not trusting her.
41. Not approving of what she does or how she does it.
42. Not being interested in her personal growth.
43. Being inconsistent or having double standards (doing things you don't want her to do).
44. Not giving her advice when she really needs it and asks for it.
45. Not telling her that you love her.
46. Having prideful and arrogant attitudes in general.
47. Not giving daily encouragement.
48. Failing to include her in a conversation when you are with other people.
49. Failing to spend quantity or quality time with her when you're at a party.

50. "Talking her down" — continuing to discuss or argue a point just to prove you're right.
51. Ignoring her around the house as if she weren't a member of the family.
52. Not taking time to listen to what she believes is important as soon as you come home from work.
53. Ignoring her at social gatherings.
54. Not attending church as a family.
55. Failing to express honestly what you think her innermost feelings are.
56. Showing more excitement for work and other activities than for her.
57. Being impolite at mealtime.
58. Having sloppy manners around the house and in front of others.
59. Not inviting her out on special romantic dates from time to time.
60. Not helping her with the children.
61. Not helping with housework.
62. Making her feel stupid when she shares an idea about your work or decisions that need to be made.
63. Making her feel unworthy for desiring certain furniture or other material needs for herself and the family.
64. Not spending quality and quantity time with the children.
65. Not showing public affection for her, like holding her hand or putting your arm around her (you seem to be embarrassed to be with her).
66. Not sharing your life with her, like your ideas or your feelings (e.g., what's going on at work).
67. Not being the spiritual leader of the home.
68. Demanding that she submit to you.
69. Demanding that she have sex even when you are not in harmony.
70. Being unwilling to admit you were wrong.
71. Getting defensive whenever she shares one of your "blind spots."
72. Being too busy with work and activities.
73. Not showing compassion and understanding for her and the children when there is real need.
74. Not planning for the future, making her very insecure.
75. Being stingy with money, making her feel like she's being paid a salary — and not much at all.
76. Wanting to do things that embarrass her sexually.
77. Consuming porn privately or in front of her.
78. Forcing her to make many of the decisions regarding the budget.
79. Forcing her to handle bill collectors and overdue bills.
80. Not letting her lean on your gentleness and strength from time to time.
81. Not allowing her to fail — always feeling like you have to lecture her.
82. Refusing to let her be a woman.
83. Criticizing her womanly characteristics or sensitivity as being weak.
84. Spending too much money and getting the family too far into debt.
85. Not having a sense of humor and not joking about things together.
86. Not telling her how important she is to you.

87. Not sending her special love letters, emails, or texts from time to time.
88. Forgetting or not celebrating special dates like anniversaries and birthdays.
89. Not defending her when somebody else is tearing her down (especially if it's one of your relatives or friends).
90. Not putting your arm around her and hugging her when she's in need of comfort.
91. Not bragging to other people about her.
92. Being dishonest.
93. Discouraging her from trying to better herself, either through education or physical fitness.
94. Continuing distasteful or harmful habits, like coming home drunk.
95. Not treating her as if "Handle with Care" were stamped on her forehead.
96. Ignoring her relatives and the people who are important to her.
97. Taking her for granted.
98. Not including her in future plans until the last minute.
99. Never doing little unexpected things for her.
100. Not treating her like an intellectual equal.
101. Looking at her as a weaker individual in general.
102. Being preoccupied with your own goals and needs, making her feel like she and the children do not count.
103. Threatening never to let her do something again because she made some mistake in the past.
104. Criticizing her behind her back. (This is really painful for her if she hears about your criticism from someone else.)

105. Blaming her for things in your relationship that are clearly your fault.
106. Not being aware of her physical limitations, treating her like a man by roughhousing with her or making her carry heavy objects.
107. Losing patience or getting angry with her when she can't keep up with your schedule or physical stamina.
108. Acting like you're a martyr if you go along with her opinions.
109. Sulking when she challenges your comments.
110. Joining too many organizations that exclude her and the children.
111. Failing to repair items around the house.
112. Watching too much TV or spending too much time on the computer and therefore neglecting her and the children.
113. Demanding that she sit and listen to your point of view when she needs to be taking care of the children's needs.
114. Insisting on lecturing her in order to convey what you believe are important points.
115. Humiliating her with words and actions, saying things like "I can't stand living in a pigpen."
116. Not taking the time to prepare her to enjoy sexual intimacy
117. Spending money extravagantly without helping those less fortunate.
118. Avoiding family activities that the children enjoy.
119. Taking vacations that are primarily for your pleasure, like fishing or hunting, while preventing her from doing the things she enjoys doing.
120. Not letting her get away from the children just to be with friends, go shopping for special items, or have a weekend away with her friends.