

## Friday is Meeting the Needs of Our Spouse

Brigham Young University

August, 2009

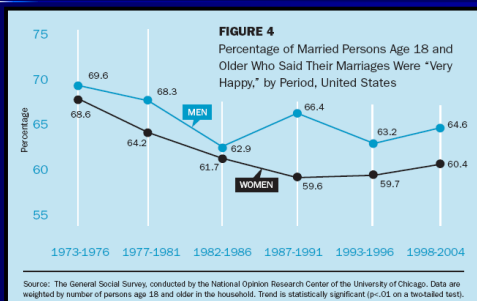
*How do I love thee? Let me count the ways. I love thee to the depth and breadth and height My soul can reach, when feeling out of sight For the ends of Being and ideal Grace.*  
-- Elizabeth Barret Browning



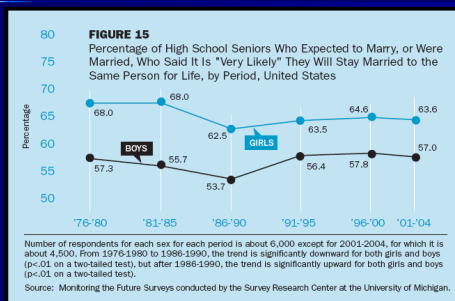
## Today I Will.....

- Try to identify what the needs of my spouse are
- Seek to meet at least one major need that my spouse has
- Commit to having a weekly meeting to discuss our marital needs

## How Many Happy Marriages?



## Does the Future Look Bright?



## What Pull's Marriages Apart?

There are many influences in the world today that pull our marriages apart. What are they?

---



---



---



---



---

## Key Reason 1: Distraction

- Our jobs take up much of our time. Did you know that in 1950, 12.6 percent of married mothers with children under age seventeen worked for pay; but by 1994, 69% did so.
- It is not just mothers, however, who are busy. Today our children's activities demand our full attention, and with our own busy schedules, there is not much time left for parent-child time. In a 1990 Los Angeles Times survey of 1,000 families, 57 percent of fathers and 55 percent of mothers reported feeling guilty that they had spent too little time with their children.

## Distraction

- Data from the University of Michigan's Survey Research Center, since the late 1970s, Children have lost 12 hours per week in free time; including a 25 percent drop in playing, and a 50 percent drop in unstructured outdoor activities.
- A similar Gallup poll reported that 41% of adult Americans said they had too little time to spend with their families.

## The Most Common Distracters Facing LDS Couples

### 1. Time together (Ecclesiastes 3:1,5,8).

"We are too busy for our marriages. Between work, raising children, and managing daily life, many of us don't think we have enough time to make our marriage relationship a high priority in daily life" (William J. Doherty, *Take Your Marriage Back*, [New York, Guilford Press, 2003], 13).



## Marriage is Not #1

"Since the publication of my book, *Divorce Busting*, I have been regularly interviewed by reporters about what makes marriages work. They ask, "Michele, why do you think so many marriages are ending in divorce? What is at the root of all of this?" Although the writers expect a complicated psychological response, to me, it's very simple.

"I'm convinced that the single biggest contributor to the breakdown in relationships today is the fact that couples **aren't spending enough time together**. They aren't making their relationships a number one priority. The relationship gets put on the back burner. Everything else seems more important - careers, children, hobbies, community involvement, and personal pursuits. And when relationships aren't attended to as they should be, trouble sets in.

## Overcommitment & Physical Exhaustion

"Over-commitment and physical exhaustion. Beware of this danger. It is especially insidious for young couples who are trying to get started in a profession or in school. Do not try to go to college, work full-time, have a baby, manage a toddler, fix up a house and start a business at the same time. It sounds ridiculous, but many young couples do just that and are then surprised when their marriage falls apart. Why wouldn't it? **The only time they see each other is when they are worn out.... You must reserve time for one another if you want to keep your love alive**" (James Dobson, *Love for a Lifetime: Building A Marriage That Will Go the Distance* [Portland, Oregon: Multnomah Press, 1987, 107).

## Do You Have a Frantic Family?

1. We struggle to find time for unhurried family meals. T F
2. We spend too much time getting to and from our children's activities. T F
3. Homework can be difficult to squeeze into the children's schedules. T F

## Do You Have A Frantic Family?

4. My kids don't have time to hang out and entertain themselves. T F
5. I wish we spent more time home as a family. T F
6. It is hard to visit relative or family friends because we're too busy. T F

## Do You Have a Frantic Family?

- 7. We don't go on family trips or outings as much as we would like. T F
- 8. Even on the weekends it's difficult to get everyone together because of our busy schedules. T F

1 point for each true answer. Score of 6-8: You're a serious frantic family. 3-5: Somewhat frantic. 0-2: You should be teaching this class. How do you do it?

▪ (see W.J Doherty and B.Z. Carlson, *Putting Family First: Successful Strategies for Redclaiming Family Life in a Hurry-Up World* (New York: Henry Holt and Company, 2002), p. 22).

## From the Trenches

"I am responding to your question about problems in today's marriages. **I feel one thing that contributes to problems is the hectic lifestyle we lead. We are running in so many different directions** and so often it seems like those activities/pursuits cause the husband and wife to be going in opposite directions. The activities or pursuits may be good and even worthwhile, but the father and mother/husband and wife are not very often going or being together. Couples today need to make time to do things together -- sometimes with the children and sometimes without."

## From the Trenches

"After 46 years of marriage and raising 6 children.....**I think hyper busy-ness robs time from the LDS strong marriage relationship and you become like the preschoolers who engage in parallel play.....just going on your little treadmills, thinking you are doing the Lord's work, but too busy to do the most effective work.....relationships, talking, listening, pondering, loving. I see the problem in my children's lives.....and I think it masks realness in relationships. We run too fast for our own good.**"

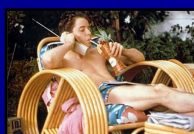
## From the Trenches

"My husband thinks that one of the greatest challenges for active couples is to grow together and not separately. **When you are involved in your calling and the kids and your husband is involved in his work and his calling, your going different directions a lot of the time.** So how do you find time to grow together and not face each other when the kids are gone and wonder who that person is you've lived with all these years. I know couples this has happened to because their entire focus was kids and church not continually building their relationship."

## From the Trenches

"Spending appropriate amounts of time together: **there is always something else that needs to be done and often too much time is spent on unnecessary things like reading the news/emails/computer related activities, shopping, too many extra curricular activities for the kids, etc. No one wants to lose opportunities for personal improvement, so we get involved in too many activities that don't focus on togetherness.**"

"Life moves pretty fast. If you don't stop to enjoy it sometimes, it will pass you by" – Ferris Bueller



## The Most Common Distracters Facing LDS Couples

### 2. Marital Apathy

President Harold B. Lee said: "Someone has said that the opposite of love is not hate; the opposite of love is apathy. And I say to you brethren, the most dangerous thing that can happen between you and your wife or between me and my wife is apathy—not hate, but for them to feel that we are not interested in their affairs, that we are not expressing our love and showing our affection in countless ways. Women, to be happy, have to be loved and so do men" (Harold B. Lee, *Regional Representatives Seminar*, 12 December 1970; as cited in Teachings of Harold B. Lee, 241).



▪ "We get to used to our mate. In marriage, familiarity breeds, not contempt, but taking each other for granted. All relationships lose some degree of newness and freshness over time if we don't work to put these ingredients back" (William J. Doherty, *Take Your Marriage Back*, [New York, Guilford Press, 2003], 13).

## The Most Common Distracters Facing LDS Couples

### 3. Television, Computers, and other Media comes before the marriage

"Not only does the television absorb much of our attention during the day and evening, but many couples have a television in their bedrooms, thereby drawing eyes and ears away from each other at the only time of the day they may have some privacy"  
(William J. Doherty, *Take Your Marriage Back*, [New York, Guilford Press, 2003], 13).



## Media and Marriage



A recent survey conducted by Kelton Research discovered that a majority of Americans (52-percent) said their "most recent experience with a computer problem provoked emotions such as anger, sadness or alienation," yet a whopping 65-percent of these same folks spend more time with their beloved computer than their own spouse. Adding even more fuel to the computer addict fire, 84-percent of responders stated that they were "more dependent on their home computer now than they were just three years ago

## The Global Village

1. How many hours a day do you spend watching TV when your spouse is at home with you?
2. While at home, how many hours a day do you spend on your computer?
3. While at home, how many hours a day do you spend on other media, such as cell phones, IPODs, or other electronics [toys!]?

## The Most Common Distracters Facing LDS Couples

### 4. Discontinue Courtship

"Special alone times brought us together, but many of us stop arranging them after we become parents" (William J. Doherty, *Take Your Marriage Back*, [New York, Guilford Press, 2003], 13).



## The Role of Connection Rituals in Marriage

"We fall in love through rituals of connection and intimacy— courtship rituals like romantic dinners, long talks, riding bicycles or going skiing, going for walks, exchanging gifts, talking every night on the telephone. We mostly do these rituals alone as a couple; when people are falling in love, their family and friends know to give them some space. We gladly fill our time through rituals of connection and intimacy. We develop a common language and a common experience bank. We go to dinner at our favorite spots, and we try to sit at our favorite tables. We go dancing at our favorite places. And we don't dance with everybody in the room; we dance mostly with the person we are falling in love with. And then we get married.

## The Role of Connection Rituals in Marriage

"Why do we give up what made us so happy at an earlier phase of our relationship? Falling in love is the ultimate consumer fantasy, up there with a truly wonderful SUV or townhouse. Growing the new relationship and reaping personal rewards go hand in hand. When things go well, I give to you, you give to me, and we are wonderful as a couple. What's more, our passion is fueled by anxiety about whether the relationship will last. Romance, novelty, and fear of loss— the stuff of operas and love affairs" (William J. Doherty, *Take Back Your Marriage: Sticking Together in a World that Pulls Us Apart* [New York: The Guilford Press, 2003], 17-19).

## The Most Common Distracters Facing LDS Couples

### 5. Couples don't know strategies for putting their marriage back together.

"In a culture of privacy about marriage [especially in the Church], we don't share our struggles and successes with other couples. We drift pretty much alone, or when we do share, we tend to complain, and so do they" (William J. Doherty, *Take Your Marriage Back*, [New York, Guilford Press, 2003], 14).

## The Most Common Challenges Facing LDS Couples

### 6. Children's issues/schedules

"I don't hold out my own marriage as a model for all couples. And I don't mean to imply that we had no struggles with our children, or made no mistakes. We had our share of both. But I know we did one thing well: we taught our children that we valued our marriage without devaluing them, that more for us meant more for them, that we were mates before we were parents, and that in the solar system of our family, our marriage was the sun and the children the planets, rather than the other way around" (Doherty and Carlson, *Putting Family First*, 137).

## Key 2: Dealing with Differences

"Two people coming from different backgrounds learn soon after the ceremony is performed that stark reality must be faced. There is no longer a life of fantasy or of make-believe; we must come out of the clouds and put our feet firmly on the earth. **Responsibility must be assumed and new duties must be accepted. Some personal freedoms must be relinquished, and many adjustments, unselfish adjustments, must be made.**

## More on Differences

"One comes to realize very soon after marriage that the spouse has weaknesses not previously revealed or discovered. The virtues which were constantly magnified during courtship now grow relatively smaller, and the weaknesses which seemed so small and insignificant during courtship now grow to sizable proportions. The hour has come for understanding hearts, for self-appraisal, and for good common sense, reasoning, and planning. The habits of years now show themselves; the spouse may be stingy or prodigal, lazy or industrious, devout or irreligious; he may be kind and cooperative or petulant and cross, demanding or giving, egotistical or self-effacing. The in-law problem comes closer into focus, and the relationship of the spouse to them is again magnified" (President Spencer W. Kimball, Brigham Young University on 7 September 1976).

## Differences Can Destroy

Differences → Disagreements → Conflict  
→ Anger → Divorce

(See Brent A. Barlow, *Dealing with Differences in Marriage*, 10).



## Case Study: The Holland's

"[Pat]... Do you want to know what I have told him he does that irritates me the most? It is that he walks everywhere in a hurry - first five, then ten, then fifty feet in front of me. I have learned now to just call out and tell him to save me a place when he gets where he's going."

"[Jeff] Well, as long as we are telling secrets, do you want to know what irritates me? It is that she is always late and that we are therefore always running to get somewhere, with me, first five, then ten, and then fifty feet in front of her.

"[Pat] We have learned to laugh about that a little, and now compromise. I watch the time a bit better, he slows down a stride or two, and we actually touch fingertips about every other bounce.



## The Holland's

"[Jeff] But we don't have everything worked out yet - like room temperatures. I use to joke about LDS scripturalists who worried about the body temperature of translated beings. I don't joke anymore, because I now worry seriously about my wife's body temperature. She has an electric blanket on high for eleven months of the year. She suffers hypothermia at the Fourth of July picnic. She thaws out from about 2:00 to 3:30 on the afternoon of August 12; then its bundle up time again.

"[Pat] He ought to talk. He throws the window open every night as if he's Admiral Peary looking for the North Pole. But let someone suggest a little winter morning's jogging and he sounds like a wounded Siberian sheepdog. Mr. Health here can't tie his shoelaces without taking oxygen" (Jeffrey R. & Patricia T. Holland, "Some Things We Have Learned - Together," in *On Earth As It Is In Heaven*, [Salt Lake City: Deseret Book, 1989], 103-104).

## Case Study: The Barlow's

"Basically, I am a morning person. Susan is a night person. About 10:45 p.m. each night I start falling asleep. By 11:00 p.m. I am out...cold. You can set your watch by it. Susan, on the other hand, is just picking up steam by the time the 10:00 p.m. news comes on television. Some of her best work and most creative efforts are done between ten and midnight. In the morning, however, something quite different occurs. I am awake by 5:00 or 5:30 each morning. By then, Susan is just midway through her night's rest. And when I wake up, I wake up all at once. So I get out of bed.

## The Barlow's

"My wife, on the other hand, wakes up one limb at a time...If we are driving to Southern California, Susan is asleep by the time we reach Payson. Two or three times during the fifteen-hour ride she seems to come out of her ether like trance and asks something about me wanting her to drive. Before I can say yes, she has fallen back asleep, so I proceed on. About sixty miles from our destination in California, however, something miraculous happens. She becomes readily awake and volunteers to drive 'the rest of the way.' By that time I am so tired from fourteen hours of driving that I gladly accept. So she completes that last hour of the trip. We arrive at our destination with her looking fresh and relaxed and me passed out with exhaustion, my head tilted back and my mouth open (much to the delight of our children and other curious onlookers when we arrive). Is there any justice in life at all?" (Brent A. Barlow, *Dealing with Differences in Marriage*, [Deseret Book: Salt Lake City, 1993], 62).

## How True?

*"Before my husband and I got married, we never had fights about anything. What was there, after all, to fight about? On every fundamental issue— war, peace, race relations, religion, education, the meaning of the universe—we were in total, sweet accord. Surely we had no reason to think that this mellow state of affairs would not continue for the next 40 or 50 years.*

*"From the moment we were married, we have managed to have fights about almost everything. What isn't there, after all, to fight about? We're still in total accord on those fundamental issues— but so what? That still leaves clothes, cooking, driving, sex, money, in-laws, children and who gets to read the newspaper first. And there isn't the slightest possibility that this embattled state of affairs will not continue.*

## How True?

*I hadn't planned it this way. My marriage, as I too frequently informed people in my premarital innocence, was going to be a mature, intelligent relationship. If, perchance, some small disagreement happened to trouble the serenity of our days, it would be resolved promptly by rational discourse. This was a swell plan.*

*Unfortunately, it had nothing to do with reality. Reality, I found out in the course of our honeymoon, was my getting resentful about having to lend him my hairbrush and his getting huffy about the way I left the soap in the washbasin instead of the soap dish. Honestly, I didn't know until then that we even had positions on hairbrushes and soap dishes— but we do indeed.... We have, it turns out, passionately held positions on hundreds of subjects too lowly ever to have been thought of until we started living, day in and day out, with someone who failed to share our cherished views.*

## How True?

*He thinks a comfortable house temperature is 68 degrees. I think a comfortable temperature is 84.*

*He thinks a safe speed on the New Jersey Turnpike is 90 miles an hour. I think a safe speed is 45.*

*He thinks it's unnecessary to enter checks in the checkbook. I think that not entering each check should be punishable by death in the electric chair....*

*Any couple is capable of escalating dumb disagreements to ferocious fighting. In our household, escalation often happens when it's too early in the morning or too late at night. Take 7:15 a.m., when, according to my youthful dreams, my husband and I were going to awake smiling warmly at each other, and then launch immediately into a vivacious discussion of [current events].*

## How True?

*Instead, I grope my way out of bed feeling exceedingly crabby and put-upon, while he coldly informs me that there isn't a single pair of matching socks in his drawer.... Theoretically, it might ... be possible to see his remark as something other than an attack. But 7:15 a.m. is not one of my finer moments—and it is definitely no time to talk about socks. So, I point out to him that just because his parents catered to all his infantile needs doesn't mean that I have to perpetuate this kind of crippling emotional dependency. The morning deteriorates from there.... On countless occasions, in the after fight afterglow, we both have made the most beautiful resolutions. I won't complain anymore when he's not on time. He won't complain anymore if I use his razor. I won't tell him he just went through a stop sign. He won't tell me I just destroyed the fried eggs" (Copyright © 1970 by Judith Viorst. Originally appeared in *Redbook*; condensed by *Reader's Digest*; as cited in D.E. Brinley, *Toward a Celestial Marriage*[Salt Lake City: Bookcraft, 1986], 97-99).*

## There Will Be Differences

Elder Bruce C. Hafen put it this way: **"The difference between a successful and an unsuccessful marriage is not in whether there are such times of tension, but in whether and how the tensions are resolved"** (*The Broken Heart* [Salt Lake City: Deseret Book, 1989], 49).



## Key 3: Unrealistic Expectations

Recently the Association of Mormon Counselors and Psychotherapists reported on the most common problems facing couples entering marriage. The therapists ranked unrealistic expectations of marriage or spouse as the number one problem facing LDS couples entering marriage (71%), followed by communication (69%), money management/ finances (58%), decision making/problem solving (54%), power struggles (53%), and sex (50%). Unfortunately, couples who are not prepared to resolve some of these problems end up terminating their marriages too quickly.

## So, Men, Get a Broom

In *Stress and the Healthy Family*, family expert Delores Curran reports that one of the top marriage stressors in today's marriages for women is housekeeping standards. However, for men, housekeeping standards do not even make the top ten list of marriage stressors. No wonder Williams reported that household responsibilities are the number one area of family disagreement in contemporary marriages. So, men, grab a broom and get busy. It's a lot cheaper to sweep the kitchen floor than to pay for an attorney.



## Top 10 List

As a couple, **write down on a sheet of paper 10 areas where you are totally different.** Are their some dimensions of your relationship where you are not even on the same planet?



## What is a Need?

A need can be defined as "...a demand, a lack of something that is required by the circumstances" (Pace, 1983, 204).

**When a need is not being fulfilled, we then have a problem.**



## Unmet Needs

"When needs are unmet in marriage, rest assured that it can poison the relationship. Needs, however, usually do not remain unmet for a lengthy period of time... if a spouses needs are not being met, that person may seek to meet their needs in some other way- sports, workouts, hobbies, work, same-sex friendships, and sometimes a relationship with someone of the opposite sex. In some cases, unmet needs lead to an affair, and consequently, a loss of family and Church membership and a life of heartache and despair" (Ogletree & Brinley, *Then Comes Marriage* [Covenant: American Fork, Utah, 2005], 67).

## Looking for Love

"...Unmet needs can cause us to look elsewhere for fulfillment. For instance, a woman who lives with a critical husband may devote more time and hours to a Church calling and have her needs met by complimentary priesthood leaders and youth. Likewise, a husband whose wife is uncharacteristically messy may find himself working longer hours in his office, where he can have peace and order in his chaotic life" (Ogletree & Brinley, *Then Comes Marriage*, 67).

## What is a problem?

A problem is "...the difference between what is and what ought to be" (Pace, 200).

Unfortunately, if a spouses needs are not being met at home, that person will seek other avenues to have their needs met.



## Difference in Male and Female Needs

The needs of men and women are unique, and naturally, that alone could cause difficulty in adjusting to marriage. "A man can have the best intentions to meet his wife's needs, but if he thinks her needs are similar to his own, he will fail miserably" (Harley, *His Needs, Her Needs*, 1986, 11).



## The Love Bank

- Each one of us has a love bank.
- It contains many different accounts- one for each person we know.
- Each person either makes deposits or withdrawals whenever we interact with them.
- Likewise, each time we interact with a loved one, be it child or spouse, we are either depositing or withdrawing.

## What is a Deposit?

According to Gary Smalley, "A deposit is anything positive, security-producing- anything that gives your mate energy. It's a gentle touch, a listening ear, a verbalized "I love you," a fun, shared experience. Temperament, gender, and birth order [and I would add personality type] influence one's personal definition of a deposit. Going for long walks in the woods with a spouse may energize an introvert in the same way a houseful of holiday company (entertaining) energizes an extrovert.



## What is a Withdrawal?

**"A withdrawal is anything sad or negative— anything that drains energy from your mate. It's a harsh word, an un-kept promise, being ignored, being hurt, being controlled.** The list could be long. Some withdrawals differ from temperament to temperament; something perceived as a withdrawal for one person might be a deposit for another person.. But too much control or being absent too much, physically or emotionally, are always major withdrawals..." (Smalley, *Making Love Last Forever*, 253).

## Living on Marital Credit

"There are too many contemporary couples who live on marital credit. That is, they are living on past deposits, but they haven't made or received any recent deposits. Eventually, without replenishing, the resources in their own and their spouse's love banks are depleted. They are too busy, or too mad at each other, or too withdrawn, or too distracted to make any new deposits.

## Marital Credit (Cont.)

"They pass in the night and may even wave as they notice each other driving down the highway. Perhaps they are too busy serving in the Church or raising children... For whatever reason, it has been a long time since they have made a worthwhile deposit. Consequently, their marriage has gone stale. Many couples haven't made a real deposit into each others marital account for a long time. The withdrawals have exceeded the balance. As a result, their marriage is on the verge of being overdrawn" (*Then Comes Marriage*, 70).

- We call this "Marital Bankruptcy"

## The Crucial Principle of Love-Banking

- Income must exceed outgo!
- You've got to have more money in the bank than you spend every month.
- You can no longer live on marital credit!



## For Your Spouse, What Constitutes a Deposit?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## What Constitutes a Withdrawal?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## For the Relationship to Thrive...

# 5:1



## What Are Your Spouses Needs?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Do you know them?

## Male Need #1: Sexual Fulfillment

Harley's First Corollary: **"The typical wife doesn't understand her husband's deep need for sex any more than the typical husband understands his wife's deep need for affection"** (Harley, *His Needs, Her Needs*, 49).



## The Power of Intimacy

**"I believe few wives realize the capability of sexuality to help keep their husbands close to them physically, emotionally, and even spiritually. When a husband experiences sexual fulfillment he feels very close to his wife in many ways.** Because the sexual urge is so strong and constant in men, a wife should realize the high degree of fulfillment that comes to a husband when she helps him attain sexual satisfaction" (Brent A. Barlow, *What Husbands Expect of Wives* [Deseret Book: Salt Lake City, 1989], 53).

## A Compliment

"On the other hand, I also believe few wives sense the degree of frustration and alienation husbands feel when a wife refuses or ignores his sexual needs and interests. **In reality, it is a compliment that he finds her sexually desirable. I believe a wise and loving Heavenly Father has given a wife the gift of sexual intimacy to help her achieve oneness with her husband"** (Brent A. Barlow, *What Husbands Expect of Wives* [Deseret Book: Salt Lake City, 1989], 53).



## A Big Mistake

"Unfortunately in many marriages the man finds that putting his trust in this woman has turned into one of the biggest mistakes of his life. He has agreed to limit his sexual experience to a wife who is unwilling to meet that vital need. **He finds himself up the proverbial creek without a paddle. If his religious or moral convictions are strong, he may try to make the best of it.** Some husbands tough it out, but many cannot. They find sex elsewhere" (Harley, *His Needs, Her Needs*, 49-50).

## Female Need #1: Affection

### Ways to Show Affection:

- Hug and kiss each morning while still in bed
- Tell her you love her
- Kiss her before you leave for work
- Call her during the day
- Bring flowers once in a while
- Call her before you leave work so she can know you are coming home
- Help with dishes after dinner
- Hug and kiss each night before sleep.



## Men, Get Romantic!

"Some men feel that engaging in such romantic efforts is 'playing a game.' Once you punch all the right tickets, you get your prize. In fact, some men refuse to carry on this 'dramatic display of affection,' as they call it. 'Why can't women just be sexual, like us?' they whine. One marriage expert explained that a 'man who growls, 'I am not the affectionate type,' while reaching for his wife's body to satisfy his desires for sex, is like a salesman who tries to close a deal by saying, 'I'm not the friendly type... sign here jerk.. I've got another appointment waiting'" (Ogletree & Brinley, *Then Comes Marriage*, 85).

## It can be very simple!

One woman wrote, "Three years ago, after a particularly difficult move (aren't they all!), **he wrote me a note thanking me for many of the things I have done. I still have the note.** And last year he wrote a page of reasons 'Why I love Karen.' That page is like gold to me" (Barlow, *What Wives Expect of Husbands* [Salt Lake City: Deseret Book, 1989], 32).

## Male Need #2: Recreational Companionship

"In fact, among the five basic male needs, **spending recreational time with his wife** is second only to sex for the typical husband" (Harley, *His Needs, Her Needs*, 82)



## It Doesn't Get Any Better Than This!

"Believe it or not, men love it when their wife helps them build fences, paint rooms, and jump-start the car. **They also love it when their wife plays racquetball, hits a few golf balls, and watches their favorite professional teams play.** In fact, an ideal Saturday for some husbands would be to work in the yard with their wife in the morning, make a nice lunch together, and then sit down and eat it together while they watch a favorite college football team play. For a man, there may be nothing better than having a sandwich in one hand and his other arm around his wife, watching his team" (*Then Comes Marriage*, 76).

- **Wives, before you say, "I can't do this; remember when you were engaged.... You did!"**

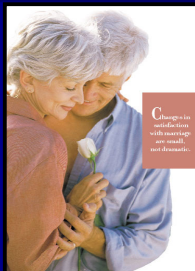
## Female Need #2: Conversation

When women converse, they want to be with someone who cares deeply about them. **When women perceive this type of caring, they can feel connected to their partner.**



### Male Need #3: An Attractive Spouse

Some women may think that their husband's desire for them to be attractive is immature. Whatever you may think, it is a need most men have. When you look good, he feels good.



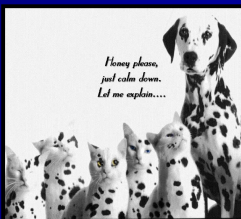
### Keep Up Your Physical Appearance

Women, "if you don't keep up those important appearances, you take the chance that your partner may become disenchanted, and may even look around for more attractive scenery, making him—or her—a prime target for Cupid's misguided arrows. **Even marriages made in heaven have been known to go sour when one or the other partner lets down on his or her appearance**" (Judith Rasband, *Provo Daily Herald*, 8 February 1982).



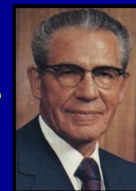
### Female Need #3: Honesty & Openness

- To feel secure, a wife must trust her husband to give her accurate information about his past, present, and future.
- If a husband does not keep up honest and open communication, he undermines his wife's trust and destroys her security.



### Full Integrity

"Just imagine the reversal that would take place if full integrity were to rule family life. **There would be complete fidelity. Husbands would be faithful to wives, and wives to husbands...** Homes would abound in love; children and parents would have respect for one another... [How else will our children come to] value honesty and integrity" (N. Eldon Tanner, "Integrity," *Ensign*, May 1977, 16; emphasis added).



### I Never Worry About My Husband

"I never have to worry about my husband. When he tells me something I know its true. He's a very sincere, up-front person. I know where I stand with him all of the time. He always keeps his word. If he promises the kids something, he never disappoints them. He travels a lot, but I trust him completely. I know he's faithful to me. He isn't the kind of man to sneak around. If two people can't believe in one another, or depend on one another, they don't have much of a relationship in my opinion" (Rice, *Counseling Case Notes*, 241).

### Male Need #4: Domestic Support

- Today, the **largest cause of Family Disagreement is household responsibility. It is not finances, it is not sexual relations— it is Household responsibilities for both men and women.**
- Why? Because both men and women are in the workforce.

**The good wife's guide**

Household responsibilities are shared between men and women. The man should be responsible for the man's share of the household. The woman should be responsible for the woman's share of the household. The man should be responsible for the man's share of the household. The woman should be responsible for the woman's share of the household.

**1. Get up at the same time every day.**

**2. Don't let the man do the housework.**

**3. Don't let the man do the housework.**

**4. Don't let the man do the housework.**

**5. Don't let the man do the housework.**

**6. Don't let the man do the housework.**

**7. Don't let the man do the housework.**

**8. Don't let the man do the housework.**

**9. Don't let the man do the housework.**

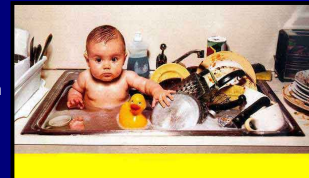
**10. Don't let the man do the housework.**

## Keep the Cave Clean

"I'll tell you the real secret of how to stay married. Keep the cave clean. They [husbands] want the cave clean and spotless. Air conditioned, if possible. **Sharpen his spear, and stick it in his hand when he goes out in the morning to spear the bear. And when the bear chases him, console him when he comes home at night.** Tell him what a big brave man he is. And then hide the spear so he doesn't fall over it and stab himself" (Jerome Chodorov, in James B. Simpson, ed., *Contemporary Quotations*, [New York: Cromwell Co., 1964], 238; emphasis added).

## Cleanliness next to Godliness

**"An orderly home is conducive to happiness"** (Barbara B. Smith, "A Safe Place for Marriages and Families," *Ensign*, November 1981, 84).



## Female Need # 4: Financial Support

Women need to know there is money in the bank. That they can go buy groceries and not bounce a check; that they can buy birthday gifts for their children and not have their husband erupt like Mount St. Helens; that Christmas, "The most wonderful time of the year," won't cause him to have a cardiac arrest.

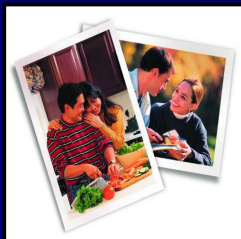


## Money Matters

- Do women marry men for their money? That sounds so bad, but sure they do. They have to! Especially if they want to eat with utensils and live in a home rather than a cardboard box.
- On a more serious note, it is important for women to know that there is money in the bank, that college and missions can be paid for, and there is something left over for a rainy day.
- Contrary to what many think, most women that I've met resent having to work.

## Male Need # 5: Admiration

- **Honest admiration is a great motivator for most men.**
- **When a wife tells her husband that she thinks he's wonderful, he wants to achieve more.**
- **Admiration not only motivates, but rewards him for his existing achievements**
- **Admiration also helps him believe in himself**



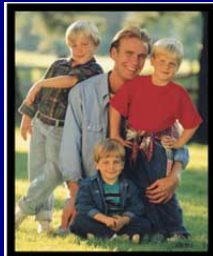
## Bonus Key

- **Wives, are you ready for an assignment? Do you wish to build up your husband? Do you want to strengthen his resolve to be a better husband and father? Write him a note and share with him the things that you admire most about him**
- You'll notice a marked difference
- Men love to be complimented by the person they love the most— you!



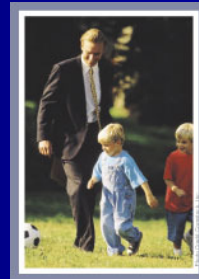
## Female Need # 5: Family Commitment

- Wives need to know that their husbands love family life; they love their children; they love being a dad. Women also need to know that their husbands enjoy spending time with their extended family.
- Wives want their husbands to take a leadership role in the family and to commit themselves to the moral and educational development of their children. They want their husbands to be a key part in training and upbringing the children.
- Fathering research documents the importance of strong involved fathers, and how such fathers contribute to the well-being of their children. Mothers intuitively know this.



## Wives, how would you like to have this problem?

"My husband is a full partner in parenting. Although I am with the children all day while he is at work, he talks to me during the day about their activities, progress, and needs. When he comes home, he plays with them and takes care of them while I prepare dinner. He helps get them to bed and gets up with them in the night as often as I do" (Cited in Barlow, *What Wives Expect of Husbands*, 67).



## Fatherhood is Leadership

"As the patriarch in your home, you have a serious responsibility to assume leadership on working with your children. You must help create a home where the Spirit of the Lord can abide. Your place is to give direction to all family life. You should take an active part in establishing family rules and discipline.

## Fatherhood is Leadership

Your homes should be havens of peace and joy for your family. Surely no child should fear his own father—especially a priesthood father. A father's duty is to make his home a place of happiness and joy. He cannot do this when there is bickering, quarreling, contention, or unrighteous behavior. The powerful effect of righteous fathers is setting an example, disciplining and training, nurturing and loving is vital to the spiritual welfare of children" (Ezra Taft Benson, *Ensign*, November 1987, 50).

