



CHURCH COMMUNICATION NETWORK
PRESENTS

For Women Only: Helping Your Husband Understand You

Featuring

Shaunti Feldhahn

Columnist

Author, For Women Only: What You Need to Know about the Inner Lives of Men

Co-author, For Men Only: A Straightforward Guide to the Inner Lives of Women

Visit CCN on the web at www.ccn.tv

I. Introduction

Women need to know what men don't get

It's critical to approach guys in guy terms

Not only what, but how

II. Communicating

Reality #1: Talking and thinking about relationship issues doesn't come naturally to most men—at least initially—and they can easily feel put on the spot

Reality #2: Men process things very differently than we do

How guys hear "I need to talk to you"

- "You've done something wrong"
- "You failed me"
- "I need to tell you about it"

Be sensitive to his fear of failure

- Short term: Defuse that sense of defensiveness
- Long term: This is the way you feel, you appreciate him, and you're not finding fault

When he is able to listen and talk without defensiveness, affirm him

Guys process emotion differently than women do

Men believe that emotions are clutter, and they filter them out

Survey Question	
Is the following statement true or false, for you? "I tend to believe that someone's judgment is not as dependable when they are experiencing strong negative emotions." (Choose one answer.)	
True for guys	93%
False	7%
Total	100%

What to do when you are feeling emotional:

Handle things calmly

Demonstrate that you can think and be upset at the same time

Visit CCN on the web at www.ccn.tv

Guys process internally, not verbally

A “thought signal” could take up to 12 hours to pass

It takes time, so they may feel tongue-tied in the moment

- “When I try to talk about ‘relationship issues,’ it feels like trying to use a pair of scissors with my left hand.”
- “I feel like I can’t adequately communicate what I’m feeling or why I did something, and because of that inability, a guy will often turn angry at the situation, at her, at himself...and just shut down.”
- “We’re no match for our wives in a debate. We’re not as good with words, and we don’t think as fast. And we really don’t like that feeling of being off balance and someone continuing to come back, back, back and pressing for answers we won’t have right away.”

Suggest something, but don’t expect an answer right away

It may come out in his behavior, not out of his mouth

Guys have a different capacity for relationship discussion

Women’s capacity in hours or days; men’s in minutes

Be brief; watch for signs that he’s fading

If you need to continue discussion, find a girlfriend

If necessary, come back later

III. What guys need to understand about us: Reassurance

Once married, a guy feels permanently loved: no more need for pursuit

Even the most secure woman asks, “Does he really love me?”

Help your guy understand the triggers:

- Conflict

- His withdrawal

Tell him to keep pursuing you

Tell him not to honor your space when you’re upset, but to give you a hug

IV. What guys need to understand about us: “Windows open”

Men deal with things one at a time; women deal with multiple thoughts and emotions from their past and present all the time, at the same time

Like spyware: we can't close the window—the thoughts keep coming back

Survey Question (of women) On those occasions when you have multiple emotional “windows” open, how readily can you usually dismiss negative thoughts and emotions that are bothering you? (Choose one answer.)	
I can do it easily	19%
I can do it, but it takes effort	22%
I can try, but the thought will pop back up/I can't dismiss it until resolved	59%
Total	100%

Tell him it's like this: “Imagine the boss coming to you at 5 p.m. on Friday...”

Tell him to take opportunities for brownie points:

- Ask him not to say, “Just don't think about it”
- Ask him to think about how he could help you resolve it

V. What guys need to understand about us: Security

Guys don't understand what security means to women

What's most important to us is emotional security

Survey Question (to women) If you had to choose between these two bad choices, would you rather endure... (Choose one answer.)	
Financial struggles	70%
Struggles arising from insecurity or lack of closeness in your relationship	30%
Total	100%

He may feel trapped by the need to provide financial security

Reassure him that you'd rather have more of him

You may have to demonstrate it: “What can I do...?”

Show that you appreciate him

Show him how simple it is to help you feel secure

Email reminder service: www.homespires.com

Visit CCN on the web at www.ccn.tv

VI. What guys need to understand about us: Listening

Men are good at filtering out emotions to focus on the problem

They need to understand that the feelings aren't clutter

Ask him to practice filtering out the problem to focus on your feelings

Ask him to affirm your emotions first [153840]

Help him see you can't feel listened to by yourself [153940]

VII. What guys need to understand about us: Sex

Guys run everything in relationship through this filter: "Am I desirable or not?"

For women, it's not about his desirability

Survey Question	
Beyond any differences in your actual sex drive, why do you tend to want less sex than your husband? (Choose all applicable answers.)	
I think I just have a lower sex drive than he does	60%
I'm sometimes simply too tired or stressed	60%
It's not that I don't want to be with him—it's just that at the end of a long day it is sometimes hard to make the transition to wanting physical intimacy at that moment	48%
He's not attractive or desirable	4%

Two types of desire:

Assertive desire is tied to testosterone

Receptive desire is tied to estrogen

Explain that you need advance notice so your mind can get engaged

"Spontaneous sex" is a Hollywood image and not reality for most women

VIII. What guys need to understand about us: Beauty

Explain that you really do need to hear it from him: “You’re beautiful”

Survey Question	
Regardless of how you think you look, do you have a deep need or desire to know that your husband/significant other finds you beautiful? (Choose one answer.)	
Among women 45 and younger...	
Yes, I do have that need, even when I don't show it. On the inside, I'm still like that little girl who wants to hear that she's beautiful	77%
No, I don't have that need. I'm happy if my husband/significant other finds me beautiful but I don't need to know that he does	23
Total	100%

Help him recognize what you're asking with “Do these jeans make me look fat?”

Resources

***For Men Only: A Straightforward
Guide to the Inner Lives of Women***
by Shaunti Feldhahn and Jeff Feldhahn
www.formenonlybook.com

Reminder service
www.homespires.com

Contact Information

Shaunti Feldhahn
Veritas Enterprises
3635 Winters Hill Drive
Atlanta, GA 30022
Phone: 770-209-4247

Church Communication Network
PO Box 1718
Mountain View, CA 94042
Phone: 800-321-6781
Fax: 650-745-0660
Email: ccninfo@ccnonline.net
Web: www.ccn.tv