

## *Communication for Husbands*

1. Use the language of experience to communicate emotional issues.
2. Manage the urgent; wait on the important.
3. Don't be afraid to repeat things.
4. You are not always wrong, but you are always different.
5. Hear her out. She needs to be listened to, always.
6. Security matters to her foremost; freedom matters to you.
7. You want sex; she wants emotional intimacy.
8. Schedule time once a week to handle important and critical issues.
9. We are not going to understand our wives and it is not our fault. They are different.
10. As men we need to think about things. Schedule time away from your spouse to think before dealing with difficult issues.
11. Men don't get hurt, i.e. "you hurt my feelings"- we get angry. Deal appropriately with your anger.
12. Don't talk when you are tired. Wait until you are rested.
13. Have a time every week to talk and a time every week to have sex. They are not the same time.
14. Wives want to be understood. They don't understand their husbands anymore than their husbands understand them. But we have to try to understand and help them understand us. *This is communication.*