

100 Ways to Love Him – His Way

For husbands: check the ones that are meaningful to you, then number them in order of importance.

☐ CHECK · # RANK

- ☐ ____ 1. Respectfully communicate with him.
- ☐ ____ 2. Let him know he's important to you.
- ☐ ____ 3. Purposefully try to understand his feelings—even when you disagree with him.
- ☐ ____ 4. Show interest in his friends giving him some time with them if they're trustworthy.
- ☐ ____ 5. Let go of the small stuff. We all have annoying habits and preferences that are different from our spouse's.
- ☐ ____ 6. Tell him you both love him AND like him.
- ☐ ____ 7. Either show interest in his hobbies or allow him space to participate freely.
- ☐ ____ 8. Flirt with him.
- ☐ ____ 9. When confronting him, realize he has feelings also.
- ☐ ____ 10. Foster an atmosphere of laughter in your home. Look for ways to laugh together.
- ☐ ____ 11. Try not to make sudden major changes without discussion, giving time to adjust.
- ☐ ____ 12. When you go out on a date together don't bring up problems. Have FUN!
- ☐ ____ 13. Focus on what he's doing right, instead of mainly focusing on the negatives.
- ☐ ____ 14. Show interest in what he feels is important in life.
- ☐ ____ 15. Give him special time with you apart from the children.
- ☐ ____ 16. Try to make the first few minutes he comes home from work a positive experience. Ease into the negative.

- ☐ ____ 17. Give him time to unwind after he gets home from work. Your evenings will be more enjoyable.
- ☐ ____ 18. Don't allow family members to treat him disrespectfully. Defend him to anyone that dishonors his place as your husband.
- ☐ ____ 19. Look for things you can compliment about your husband. Let him know your appreciation often.
- ☐ ____ 20. Be creative when you express your love, both in words and in actions.
- ☐ ____ 21. Talk with him about having specific family goals to achieve together to feel closer as a marital team.
- ☐ ____ 22. Don't over commit yourself. Leave time for him.
- ☐ ____ 23. Extend God's grace to him and be forgiving when he offends you.
- ☐ ____ 24. Find ways to show him you need him.
- ☐ ____ 25. Give him time to be alone. (This energizes him to reconnect at other times.)
- ☐ ____ 26. Admit your mistakes; don't be afraid to be humble. Peel away your pride.
- ☐ ____ 27. Defend him to those who disrespectfully talk about him. Love protects (1 Cor. 13:7).
- ☐ ____ 28. Respect his desire to do well—not his performance.
- ☐ ____ 29. Rub his feet or neck, or scratch his back after a hard day.
- ☐ ____ 30. Take time for the two of you to sit and talk (schedule it when necessary).
- ☐ ____ 31. Initiate going out on romantic outings.
- ☐ ____ 32. Email him when he's at work, telling him how much you love him.
- ☐ ____ 33. Surprise him with a fun gift that he'd really enjoy.
- ☐ ____ 34. Express how much you appreciate him for working so hard to support the family.
- ☐ ____ 35. Tell him how proud you are of him for who he is.
- ☐ ____ 36. Talk in loving, not in nagging or belittling ways.
- ☐ ____ 37. Help your husband to be the Spiritual head at home (without "lording" it over him).

- ☐ ____ 38. Reserve some energy for him so you're not so tired when he wants you sexually.
- ☐ ____ 39. Don't expect him to do projects beyond his natural capabilities.
- ☐ ____ 40. Pray for him to enjoy God's best in life.
- ☐ ____ 41. Take special notice of what he does for you and the family.
- ☐ ____ 42. Brag about him to other people in front of him and when he's not there.
- ☐ ____ 43. Keep conversations brief when he's tired—so he isn't "flooded" by too many words.
- ☐ ____ 44. Tell him 3 things you specifically appreciate about him.
- ☐ ____ 45. Honor him in front of the children (differ in private when necessary).
- ☐ ____ 46. "Look into your husband's eyes when he talks to you. This makes him feel that you're interested."
- ☐ ____ 47. Get up with him, and pray with him to start your day together.
- ☐ ____ 48. Be his "help-mate" in whatever ways you sense he needs it.
- ☐ ____ 49. Participate in shoulder-to-shoulder activities with him without talking. Sometimes men just like to BE with you and not talk.
- ☐ ____ 50. Be a student of his ways so you show your love in ways he best comprehends it.
- ☐ ____ 51. When your husband is in a bad mood, give him time and space to recover.
- ☐ ____ 52. Help him to finish his goals, hobbies, or education.
- ☐ ____ 53. Never compare him to other men.
- ☐ ____ 54. Work to get rid of habits that annoy him.
- ☐ ____ 55. Be kind and thoughtful to his relatives. Don't make him choose between you.
- ☐ ____ 56. Don't compare his relatives with yours in a negative way.
- ☐ ____ 57. Thank him for things he's done around the house. (It means a lot to men).
- ☐ ____ 58. Don't expect credit for all you do for him. Do it as "unto the Lord."
- ☐ ____ 59. Make sure he agrees with everything important that you're planning to do.
- ☐ ____ 60. Do little things for him—let him sleep in, bring him coffee, etc.

- ☐ ____ **61.** Don't belittle his intelligence or be cynical in your words with him.
- ☐ ____ **62.** Initiate sex periodically. And respond more often.
- ☐ ____ **63.** Sometimes let him enjoy his day off work without having to "work" at home.
- ☐ ____ **64.** Get to the point in your discussions. Spare him details unless he wants them.
- ☐ ____ **65.** Discover his sexual needs.
- ☐ ____ **66.** Surprise him with a 15 second kiss when he gets home from work.
- ☐ ____ **67.** Wink at him from across the room when you're out at a group function.
- ☐ ____ **68.** Give him the benefit of the doubt when he misspeaks.
- ☐ ____ **69.** Don't quarrel over words.
- ☐ ____ **70.** Be kind and courteous with him. (Don't be kinder to strangers than to him.)
- ☐ ____ **71.** When things go wrong, instead of assessing blame, focus on how to do better.
- ☐ ____ **72.** As a kindness, don't say, "I told you so."
- ☐ ____ **73.** Try not to argue over money. Peacefully discuss future expenditures instead.
- ☐ ____ **74.** Take him out on dates—pre-planning all of the details ahead of time.
- ☐ ____ **75.** Hold his hand and snuggle up close to him at times both at home and in public.
- ☐ ____ **76.** Praise his good decisions; minimize the bad ones.
- ☐ ____ **77.** Tell him you love him more often.
- ☐ ____ **78.** Put love notes in his pockets and briefcase.
- ☐ ____ **79.** Sit with him while he's watching TV—even if the program doesn't interest you.
- ☐ ____ **80.** Don't expect him to read your mind (despite your thinking he should—extend grace).
- ☐ ____ **81.** Periodically, give him time with his family alone.
- ☐ ____ **82.** Check with him before you throw away his papers and stuff, when possible.
- ☐ ____ **83.** Put effort in to keep yourself in good shape so he's especially proud to be with you.
- ☐ ____ **84.** Let him express himself freely, without fear of being called stupid or illogical.

- ☐ ____ **85.** Carefully choose your words. Remember to “speak the truth in LOVE.”
- ☐ ____ **86.** Don’t criticize him in front of others—keeping his dignity intact.
- ☐ ____ **87.** Go on an adventure with him or develop a hobby together.
- ☐ ____ **88.** When you’re angry, express it in respectful ways. Don’t give the silent treatment.
- ☐ ____ **89.** Pray for him.
- ☐ ____ **90.** Make him homemade soup when he’s sick.
- ☐ ____ **91.** Look your best—dress to honor and make him proud to be seen with you when you’re out together.
- ☐ ____ **92.** Support him when someone tries to put him down. Be his best cheerleader.
- ☐ ____ **93.** Don’t disagree with him in front of the children.
- ☐ ____ **94.** Take him for a weekend get-away without the children.
- ☐ ____ **95.** Cheer his successes whether it’s related to business or other areas of everyday living.
- ☐ ____ **96.** Graciously teach him how to demonstrate his love for you.
- ☐ ____ **97.** Give him coupons to redeem—maybe for a back scratch or a shoulder rub.
- ☐ ____ **98.** Buy him a gift certificate to his favorite lunch spot and put it in his wallet.
- ☐ ____ **99.** Hide notes for him around the house where only he will find them.
- ☐ ____ **100.** Thank him for just being himself.