

Ways Men Offend Our Wives

For wives: select five to 10 ways your husband personally offends you, to discuss on your date night.

- ☐ 1. Ignoring her
- ☐ 2. Not valuing her opinions
- ☐ 3. Showing more attention to other people than 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 being angry or silent
- ☐ 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 own personal growth
- ☐ **43.** Being inconsistent or having double standards (doing things you won't allow 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. Failure 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 (just the two of you)
- ☐ 60. Not helping her with the children just before mealtimes or during times of extra stress
- ☐ 61. Not volunteering to help her with the dishes occasionally or with cleaning the house
- ☐ 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 insurance or other material needs for herself and the family
- ☐ 64. Not being consistent with the children; not taking an interest in playing with them and spending quality and quantity time with them

- ☐ **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 be involved with you sexually when you are not in harmony
- ☐ **70.** Being unwilling to admit you were wrong
- ☐ **71.** Resisting 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.** Reading sexual magazines in front of her or the children
- ☐ **78.** Forcing her to make many of the decisions regarding the checkbook and bills
- ☐ **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 from time to time
- ☐ **88.** Forgetting special dates like anniversaries and birthdays
- ☐ **89.** Not defending her when somebody else is complaining or tearing her down (especially if it is 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 for 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, assuming that "a woman's work is never done" around the house
- ☐ **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 failure
- ☐ **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 of 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 which exclude her and the children
- ☐ **111.** Failing to repair items around the house
- ☐ **112.** Watching too much TV 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 shopping and 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
- ☐ **121.** Being unwilling to join her in the things she enjoys like shopping, going out for coffee and dessert at a restaurant, etc
- ☐ **122.** Not understanding the boring chores a housewife does: like picking up clothes and toys all day long, wiping running noses, putting on and taking off muddy boots and jackets, washing and ironing, etc.