

Ways Wives Disrespect Their Husbands

For husbands: select three to five ways your wife personally disrespects you, to discuss on your date night.

- ☐ 1. Ask questions that you don't want the answer to, but are just pointing out how stupid you think he is, "How could you possibly...??"
- ☐ 2. Roll eyes.
- ☐ 3. Interrupt.
- ☐ 4. Purse lips and scowl as he contributes his thoughts.
- ☐ 5. Argue without acknowledging his idea.
- ☐ 6. Don't ask questions about what he thinks.
- ☐ 7. Start all questions with "Why did you...?" because that's a "challenge" word for men.
- ☐ 8. Withhold compliments instead of looking for opportunities to build him up.
- ☐ 9. Leave him with a list of things to accomplish when you go somewhere – then criticize him for not getting all of it done.
- ☐ 10. Correct him when he's interacting with the kids.
- ☐ 11. Criticize him instead of praising him first when you have something constructive to let him know.
- ☐ 12. Expect him to read your mind like your sisters, girlfriends, and mother can.
- ☐ 13. Say really helpful things like, "If you don't know, I'm not going to tell you."
- ☐ 14. Answer for him when he's asked a question.
- ☐ 15. Don't pursue him.
- ☐ 16. Focusing on his weakness.
- ☐ 17. Undermining him.

- ☐ 18. Telling him how to do tasks.
- ☐ 19. Callous tone.
- ☐ 20. Discussing past relationships.
- ☐ 21. Oversharing.
- ☐ 22. Distrust.
- ☐ 23. Expectation of him to be perfect in every season.
- ☐ 24. Mothering him.
- ☐ 25. Bringing up divorce.
- ☐ 26. Making decisions without his input.
- ☐ 27. Lack of appreciation.
- ☐ 28. Emotional manipulation.
- ☐ 29. Aggression.
- ☐ 30. Undermining.
- ☐ 31. Flirting.
- ☐ 32. Avoiding Issues.
- ☐ 33. Taunting.
- ☐ 34. Envy of other marriages.
- ☐ 35. Nitpicks everything you do.
- ☐ 36. Complains about your personality.
- ☐ 37. Lies to you.
- ☐ 38. Physically distant.
- ☐ 39. Intentionally withholding intimacy.
- ☐ 40. Emotionally unavailable.
- ☐ 41. Holds old mistakes against you.
- ☐ 42. Disrespects your family.

- ☐ **43.** Take you for granted.
- ☐ **44.** Refuses to compromise.
- ☐ **45.** Making fun of you.
- ☐ **46.** Constant complaints.
- ☐ **47.** Keep secrets from you.
- ☐ **48.** Doesn't make you a priority.