



The Married Woman Quick Change Guide

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The Woman Men Adore...And Never Want To Leave
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~ CHAPTER ONE ~

Using The Woman Men Adore Program For Wives

 First, I want to congratulate you on your new *Woman Men Adore* program and, to start, I want to tell you something that most wives don't realize. As his wife, you have an ability to influence your husband that you might have thought had vanished during the first few years (or maybe months) of your marriage.

If I was to describe this to you in "*Man Terms*," I'd say that as his wife, you inherently have the power over your husband to affect his self esteem, passion, and even success in life.

Now, this may seem hard to believe if your husband is cold and indifferent and, grant you, there may be some circumstances where a woman has no influence at all, but thankfully those circumstances are few and far between.

The reason I say this with such confidence isn't because I know you, but because I understand men. What is true of almost every man on the planet is that when he gets married there is an incredible emotional metamorphosis that takes place before he ever walks down the aisle. While men are often impulsive about sex, they are inherently cautious about getting married and here's why.

For men, one of the most important things they value is power. Feeling powerful and in control of their lives is what men seek above all else. It's what drives every decision they make. Some men try and obtain power through luck (like a get rich quick scheme) while others are painstaking in their pursuit to feel strong and independent.

A single man cherishes the ability to keep people or circumstances at a distance. He can see a girlfriend as much or as little as he wishes. He's free to go home if things get too tough. You can't do that with a wife, and every man understands that.

When a couple lives together, they have the ability to hurt each other. Men realize this. Being married to a woman means giving her the power or ability to hurt him if she wants to do so. Women are usually appalled when they hear this. They often respond, *"But he knows I don't want to hurt him."*

That is not the point. Of course he knows this or he wouldn't have married you or have chosen to stay married. Still, it doesn't mean that you couldn't hurt him. When a man is single, a woman is limited in her ability to cause him harm.

While being legally detached (dating while single), he can simply leave the relationship without any obligations (assuming the couple does not have children).

His pledge to be loyal to you—marriage-- means that he will be loyal to you even if you bring about hardship, embarrass him, or cause him occasional despair. He knew that you could cause him hardship or discomfort, but loved

you enough to take the risk.


Now I know that men and husbands aren't always faithful to their promises, but men actually think about these kinds of possibilities prior to getting married. That's why it scares men if a woman gains a lot of weight or stops caring about her appearance.

For him, it feels out of control. The woman that he's chosen to be with can do whatever she wants, and there's nothing he can do about it.

I'm not saying that all men think this way, and I'm not saying that a wife should always, you know, weigh the perfect amount, whatever that is. I'm telling you this strictly from a husband's perspective. He hates the feeling that things are out of control. It truly makes him uncomfortable.

~ CHAPTER TWO ~

He Wants To Make You Happy

hen a man gets married, his self-esteem is oftentimes directly tied to his ability to make his wife happy. He is more dependent upon your happiness than you might realize.

When I mention this, often times wives will tell me, “*Oh that’s easy. I’m easy to please.*” I’m going to nudge you a little bit on this one and ask you, “Are you as easy to please as you think?”

What I mean by that is how much *effort does your husband have to make to make you happy?* I don’t mean simply whether or not he does the things you want him to do. I mean are the things you want him to do things that come naturally to him, or are you asking him to do things that aren’t as easy for him to do? He could do them, perhaps, but he doesn’t think of them naturally.


Let me give you an example. Oftentimes, women notice more details in the home than men do. A woman will notice that a home is neat or organized. She is detail oriented. Men can look at a room and say, “*It looks kind of clean*” whereas a woman would say, “*What are you looking at?*” It’s not that either one’s wrong; it’s just a different perspective. One couple I know went through this very same issue. The

wife asked, “Hey, would you mind cleaning up the room before you leave?” Her husband agreed to her request.

He straightened a couple of chairs, and, in his mind, he thought the room was quite clean. She came in ten minutes later and was furious because, in her mind, the room wasn’t clean at all. It wasn’t organized, which she would consider clean. She felt angry with him for the rest of the day. Finally, he asked what was bothering her. She cast him a withering glare, “*How dare you? You said you’d clean it up.*” He was frustrated that she didn’t see and appreciate his efforts. “*I did clean it up,*” he responded. He tried to make his wife happy, but different perspectives and requirements simply got in the way.

~ CHAPTER THREE ~

Help Him Please You

 In her mind, she's saying, *"I'm easy to please. All he had to do was tidy up the room and I would have been perfectly happy"* In his mind he's saying, *"She's so hard to please!"* I don't necessarily know that either one's wrong. But if I was talking to this wife I would say, *"Let's find ways to get him to please you that are easier for him to see. If having the house clean is critical for your happiness, how can we make it easier for your husband to fulfill that need? If he could never realistically clean the house or room to your specifications, then would it better for you to do that task yourself so that he could fulfill your other needs and desires? Would it help to tell him specifically what you want done? If he does things differently than you do them but still gets the job done, are you sure to praise him for his efforts rather than criticize him for doing the job 'wrong'?"*

If you're ready to be adored by your husband, let's not leave things to chance. I'm going to ask you to give up certain things, but I only want you to do that if what you gain far exceeds what you give up.

What I want for you is for your husband to want to take care of you. I don't mean like a little girl, but I mean like

you're his prize possession. You are something that he has worked hard to obtain. You are a vital part of his heart and he truly values you.

So my question for you is...

1) Are you ready to be adored?

The obvious answer is of course, "*Absolutely!*"

Let's pause and think about this. What does it mean, exactly, to be adored? , As much as you want closeness, you must also be willing to allow him to influence you. You're going to have to give up some independence. Do you want to be adored or do you want him to be your father?

Here's the difference between the two. A father is able to anticipate your needs, putting your needs ahead of his own all of the time, the same way I do with my small daughter right now. A man can do that. But he can only do that when he has complete charge of the child.

A father can do that because if his daughter is rude or disrespectful he has the final say so. He makes the rules. He decides and enforces the punishments. He can say, Stop. Or, Go to your room. When a man has that kind of power, he can be much more attentive because he's not worried about the woman hurting him by insulting his feelings. Yet a man cannot have this sort of total control and adore you in the way you want to be adored. This is a different type of love.

When your husband adores you, he'll treat you as a peer. Sometimes, he might point out things that you don't want to hear. If he loves you and treats you as his most prized investment, then if there are things you're doing

that are hurtful, he's going to point them out.

That's one of the keys to intimacy. When you are adored, he loves you wholeheartedly. Yet, at the same time, his needs matter as well. It's a matter of equilibrium. When you find a happy balance, your relationship will be magical.

Let me ask you this:

- 1) Are you open to having your husband influence you?
- 2) Will you stop focusing on how things are *supposed* to be - because oftentimes that's your perspective versus his. If you will, you'll get much better results.

Our goal is for you to get the intimacy that you crave. Let's start by becoming results-oriented. You must first give up fair, which means you're going to keep account, which most likely means you're going to give an account, which means most likely you're going to keep track of the things you do and the things he does, and lots of that is going to seem unfair. Give it a try and see where it leads you.

As the wife, you are the heart of your family. He may be the head of the family, but the heart is just as important. A person would die without either body part. In a really intimate relationship, they feed off each other. It's not about equals; it's about complements. You are his complement. He is your complement. Therefore we don't want you both being equals.

We want you to have different strengths that will compliment and support your partner. Giving up "*being fair*" means that sometimes you'll be doing 80% of the

work. Sometimes he'll do 80% of the work. That's the way life is. Don't worry... unless you're *always* doing 80% or vice versa. That's a whole different issue.

~ CHAPTER FOUR ~

You Are The Girl - So You Are The Initiator

The second part to being a results-oriented woman is to remember that you are the initiator, not your husband. What does this mean? To give you a hint, I'll mention one of the most commonly stated relationship complaints of all time:

"My husband doesn't send me flowers. He's not romantic."

My response is almost always the same: *"Tell me what signals you're sending him. When you were dating, I have no doubt you flirted with him, you looked at him in a certain way, and you spoke in a certain tone with him. Are you doing that now?"* In most cases, the answer is "No."

I'm not saying it's as easy as when you were dating or that you have to act like you did when you first met. Certainly when you see a man four hours out of the week it's much easier to be flirtatious and sexy for short periods of time. But your husband desperately needs your affection. It's the reason he fell in love with you in the first place. It's why he wanted to spend more and more time with you and decided that he couldn't live without you. It's why he married you!

If you say, *"I only respond when he's romantic,"* then

I would remind you that if you dated this way then you never would have gotten married. Certainly it's easier for you to feel romantic and affectionate to him when he's passionate, but insisting on that being the prerequisite for flirting with him has dire consequences. Let me explain. Most women don't realize how deeply men feel. In fact, when a man feels intensely about something it's often more intense than what a woman experiences. If you've ever been around a man when he's watching his favorite sports team or when he's enchanted by a woman then you've seen that laser-like focus on the object of his desire. When a man is caught up in this emotional state, he is expending a tremendous amount of energy. It's similar to being on a drug *"high."*


The problem most women have is that it doesn't look artificial. Listening to a man speak adoringly about you with such effortless conviction leads a woman to believe that he is simply revealing a deeper side of himself that has been pent up for a long time, waiting for the one woman to unleash the romantic beast within. While there is some truth to that, it is an unnatural state for any man. It feels wonderful, but he simply does not have the emotional capacity to maintain such an aroused state. In short this means that no man can maintain being romantic all or most of the time.

I'm not saying you have to give up on your husband thinking up new and creative ways of making you happy, but I am saying that you must give up the idea that you don't have any responsibility to help him make you happy.

There have been numerous studies that point out the fact that women are the initiators and that men respond to that. You can increase his romantic capacity because your husband often needs a “*trigger*” to awaken his romantic feelings for you. It’s like having an “on” button for his feelings and as his wife, you are that “on” button. Your husband desperately needs this from you.

~ CHAPTER FIVE ~

What Trust Means To Your Husband

hen women hear the word trust they frequently have the idea that their man is asking for some sort of a blank check to do whatever he wants. While that may be true for some men, it's not true for husbands in general.

What your husband wants is for you to be proud of him and to trust him to take care of you.

This is why it is so devastating when a wife tells her husband that trust has to be earned. Imagine how you would feel if you poured out your heart to him one evening on the sofa about how much his love meant to you and he said, *"Baby, love must be earned."*

Can you imagine how insulting that would feel, how upset you'd get? I don't love you right now because love must be earned. You'd likely be irate. You expect him to love you on good as well as bad days and rightly so!

Your husband wants you to trust him and to give him the benefit of the doubt when you don't feel like he's doing everything he can to please you.

In fairness to you, there are husbands who confuse Trust with Blind Trust. They often beat their wives over the

head (not literally) with the “*You don’t trust me*” complaint. What should you do then, when you do trust him but you simply don’t agree with everything he has done or wants to do?

If that’s what you’re getting from the man you married, here’s my suggestion: The next time he accuses you of not trusting him because you don’t agree with something that you feel is very important, simply say this, “*I am married to you. I remain married to you. I am dependent upon you. I’ve given you my heart and my body. I absolutely trust you or I would not be married to you.*”

Then pause for a moment and allow your words to sink into his heart. Regardless of whether he responds to what you said or not, I promise you he’ll feel your words. I can’t promise that saying it one time will change him, but I can promise that if you’ll continually say this whenever he tries to make agreeing with his every thought the same thing as trust, eventually he’ll realize that you’re on to his game.

~ CHAPTER SIX ~

Admit You're Indebted To Him



Reminding your husband of how much you care and how much you are indebted to him, if you don't mind saying that word, makes him feel like he is responsible for your happiness. Now technically he is not responsible for your happiness, but we want him to feel that way. We want him to take pride and responsibility for you feeling well. We want him to pay attention to the things you like and don't like. When your husband feels like he can make you happy, he is much more likely to try. And when he finds it difficult to make you happy, you will find that he starts pulling away.

For the next few weeks, as you begin experimenting with all the life-changing insights in *The Woman Men Adore*, don't expect an immediate result. Some of what you read will be familiar but what often happens is that there will be 1 or 2 sections that will seem surprising or that you might even disagree with and those are the ones I'm most interested in for you.

Don't simply discard them because they don't seem relevant. Remember this program was designed with your husband in mind. It touches a powerful, primitive emotion inside of him that will make him not only want to cherish

you, but also feel more responsible for making you happy. Give him a chance to notice the differences in what you're doing. It may take a little time, but I promise you it's worth the effort.

~ CHAPTER SEVEN ~

Key Areas To Focus On

7) Be careful of your tone. Your husband is more sensitive to your tone than you realize. I don't mean that you always have to talk softly, but remember, always make a point to be respectful even when you're angry at him.

Let me share with you one advantage I often have over a lot of wives when I see couples in my office. I have to get husbands to open up and that puts me at a disadvantage. Because most husbands don't want to go to a counselor, they are naturally resistant to me once the set foot in my office. They don't want to open up, especially in front of their wife, and yet that's what I have to do. What can I do?

No matter what he says, even if I disagree with him, I am going to be *respectful*. I'm not going to roll my eyes. I'm not going to make fun of him. I might point out something I don't like or that seems inconsistent, or, especially if he's lying, say that to him. But I'm going to do it respectfully. And because of that, in almost every circumstance, I have no trouble getting a husband to open up to me even in front of his wife.

You can have that same power when you focus on your *tone* and being *respectful*. You will be surprised how often

your husband is willing to talk with you.

2) *Don't get resentful.* When you go through the *Pounds of Anger* section, be very aware of any resentment you've built up toward your husband. When he does something you don't like, if it's important enough to mention, bring it up then. Do not let it linger.

If you let resentment linger, your feelings towards your husband will start to diminish, and he will notice that but he will not always notice or understand why. I'm asking you to give up on the excuse, "*He should know why I'm upset.*" Perhaps he should know, but that does neither one of you any good.

While it may make you feel safer to hold it in and wait for him to ask, bring the issue up initially. And then if he doesn't respond to that, follow the steps I outline in *The Women Men Adore*.

3) Lastly, just as a reminder - *Don't forget to flirt!* If he does something you like, let him know, point it out, share a smile with him. He won't think you're being silly. In fact, he'll really appreciate it.

More than anything else, what your husband wants is access to your emotions. Many wives forget how dependent their husband is on their emotions. It is truly important!

So, that's your overview as a wife. You should be able to easily implement these strategies into your marriage. Your goal is to be able to use your emotions in such a way that it will awaken your husband's passion. Because of the fact that you got him to marry you, he wanted to marry you, means you have already done this. All we're trying to do is just recapture that magic that you once shared.