



TEN TIPS FOR GETTING ALONG BETTER WITH THE WOMAN IN YOUR LIFE

by David Prosen, LMHC
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Ok, guys, listen up. **Yup, listen up....that's your first and most important tip.** Women need you to listen, really listen to them...their hurts, their fears, their joys, and yes, even their bargains on some new shoes they found. Nothing satisfies a woman more than a man really listening to her.

And when you think about it, in our natural roles of leader, provider and protector, listening is an important key to effectiveness in each. No one follows a leader who they feel doesn't understand them and their needs. You can't be an effective provider if you don't first listen to what she needs. And you need to know when she needs you to slay the dragon and when she just needs your encouragement to take care of things on her own.

- If she complains about a problem with, say a co worker...she may be breathless or crying... your instinct is to charge right in and fix the whole mess or to offer her advice on what to do. You may even start rolling up your sleeves to go take care of the bully for her. **Stop. Listen first...what is she feeling? What does she need from you?** Not sure? Ask her...Honey, how can I help you with this? **Would you like my advice or do you just need a hug right now?**
- You need to feel respected and chances are if you're getting angry with a woman, whether it's your wife, girlfriend, sister, mother or daughter, you're probably feeling disrespected in some way. **It's critically important to learn how to define and understand what you're feeling...and to express it effectively to get the result you want.** Our tendency as men is to lash back with something hurtful or sarcastic...leading to the dreaded result of her feeling unloved and lashing back with further disrespect. Emerson Eggerichs calls it the crazy cycle in his book "[Love and Respect](#)"- (which by the way, I highly recommend).



God commissioned me to heal you... I am Raphael, one of the seven angels who enter and serve before the glory of the Lord."

- Tobit 12: 14-15

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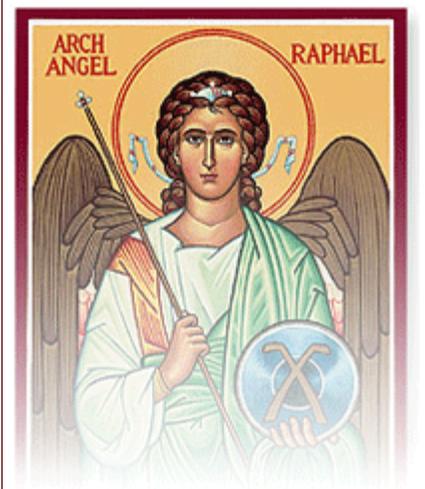
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- **Never, ever, ever, ever, ever, not ever, and I mean NEVER (are you getting this?) joke about or critique your sex life, her performance, her responses or her body.** And I mean Never- NOT EVER! These wounds run deep in a woman and are really hard to overcome. If you're experiencing dissatisfaction in your sexual relationship, you may want to [talk to a counselor](#) for advice on how to deal with it effectively. No, you shouldn't just grin and bear it...but be careful in how you address this delicate topic. Consider asking her how she's feeling about it and then listen...you may pick up some important clues as to how to improve things.
- **Don't compare her with girlfriends past!** You may have quite a past and yes, it's important that you're honest about that up front...she has a right to know that before entering into an intimate, marital relationship with you. But never compare, joke or recount stories of your "glory days" and never, ever compare her in any way, shape or form to an old girlfriend, (or worse yet, a one night stand!) This is deadly.

She may be aware of your past and she may seem to be cool with it...and she may even have a wild past of her own, but when it comes to love, every woman deep down wishes she were the only one...she has an innate sense that that's how it should be. Think of Rhianna's song: "Only Girl in the World". There's a reason it hit the top of the charts...and it ain't just the beat. It speaks to a deep longing in every woman's soul be cherished and exclusive...the only girl in the world- for you.

- **Let her know you cherish her.** Like your need for respect, her need to feel loved is central to her being. Using pet names, a tender voice and doing little unexpected niceties will keep the flame alive and give her the security she craves. When a woman feels unsure of your love, or worse yet, unloved, it's like cutting off her air supply. **Showing her you love her, even when you feel unloved or disrespected will open communication and calm even a tense situation.** And by all means, tell her you love her every day (even if it should be obvious!). She won't get tired of hearing it...if it's said sincerely.
- **Find something to compliment EVERY day.** Along the lines of making her feel loved, complimenting her on a job well done, her pretty hairstyle, her great cooking shows her you're paying attention and that you delight in her. Just like you, she is



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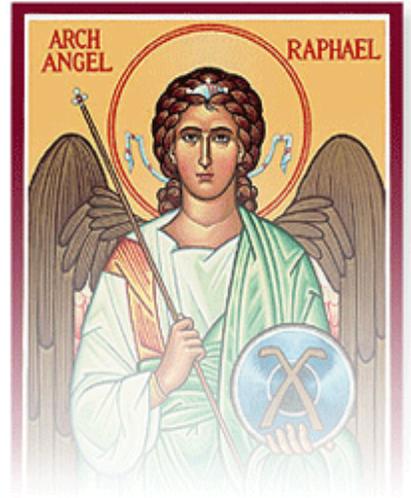
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under a lot of pressure and needs some encouragement. Be her cheerleader.

- Even if you're not making a lot of money and both of you have to work, **let her know how much you'd like to take care of her...to be her provider.** Remember, being a provider speaks of more than just money. Even if you can only provide a little right now, do it with love and let her know you'd like to give her the world...that sentiment is often enough. Most women aren't looking for mansions and Mediterranean cruises. They just want to know you're a team and that you've got her back. Provide security, provide strength and provide encouragement.
- **Be her protector**...Yes, she can kill her own spiders but you'll move her heart if you get off the couch to do it for her! And remember, protection is more than just physical security. Guard her from unfair criticism (perhaps from family members), protect her reputation by not airing your dirty laundry publicly or making jokes at her expense, and guard her spiritually by being a man of prayer and frequenting the sacraments. The best protection any woman has is a man who's not ashamed to get on his knees.
- **If you're looking at pornography, even if it's only once in a while, stop. Just stop.** Most women feel deep down that you're cheating when you do that...and it's not a stretch to make that case. If you're becoming aroused by looking at another woman and acting on that arousal, then in your heart you're being unfaithful. Even if your wife knows and seems to shrug it off "It's just what guys do", it's not helping your marriage and **will** harm it.

Divorce lawyers report that pornography is involved as a significant factor in [56 % of divorce cases](#). If you have trouble stopping, you're not alone. Pornography has an addictive quality and it's designed specifically to get you hooked. And don't kid yourself saying it doesn't affect you. If what you see doesn't affect you, then large corporations wouldn't be spending millions of dollars for 30 second ads during the Superbowl.

What you see and especially what you see repeatedly, does influence you, your behavior and how you see women. As pornography objectifies women, watching it will lead to the



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same attitude in you...and she'll sense it long before you're aware of it. **If this is a habit or struggle for you**, [call for a free and confidential consultation](#) and take that first important step to freedom and an improved marriage. Once you do you'll be free to experience the true glory of sex the way that God intended it to be...and He always has the best ideas!



David Prosen, LMHC studied counseling and theology at Franciscan University at Steubenville. He specializes in helping men deal with common struggles in our culture.



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