His Needs - Her Needs

Sometimes when we get married we have faulty beliefs that marriage will make me whole, that my spouse and I will like all of the same things, that we will live happily ever after.

Once the glow of marriage wears off, we may start to change our perspective. The behaviors that used to make you laugh now make you cringe. That habit that attracted you to them now drives you bananas.

This is the point in a new marriage where your commitment to your vow, "until death do you part", becomes paramount. It is here where the work begins.

Now is the time to dust off your communication skills, put on your patience hat, and to really start studying your spouse as if they were a final exam. If we are to meet the needs of our husband or wife, we need to pay extra special attention to what their needs are and they should be doing the same for us.

In marriage, some of a woman's needs are to know that she is number one in your life, to honor her wishes, values and rights, to be considered in your decision making, and to feel understood by her husband. Some of a man's needs are to be appreciated, to enjoy shared activity with his wife, and to have some space and time to think especially when he is under stress.

If you and your spouse are arguing instead of effectively communicating, maybe your wife is not feeling valued and understood. If you and your spouse are having a hard time getting through a simple conversation without it turning into a blowout, perhaps your husband is not feeling appreciated.

If all of this is sounding waaaaaayyyy too familiar. There is a way to work it out.

1. Give your spouse time to talk without being interrupted.

2. Take their perspective into consideration. They know better than anyone what they need from you.

3. Do what they have asked you to do as if your marriage depended on it.

I warn you, this is difficult work. If you put forth the effort, your journey together "until death do you part" will be the most satisfying adventure of your life.

If you need a mediator, call me! I would be happy to help.