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# 9 ESSENTIAL TRAITS OF A GOOD HUSBAND

ARE YOU THE PROBLEM  
WITH YOUR MARRIAGE?

# Introduction

Do you feel stuck?

Do you feel spent? Like you've got nothing left to give?

Have you tried everything you can think of to fix your marriage without success?

It makes you wonder whether or not you're a good husband, doesn't it?

If you're like most frustrated husbands today (and there are a LOT), then it probably feels like you're the only one trying to save your marriage. Like you're the only one who cares.

When you repeatedly bash your head into your marriage without moving forward an inch, you either start seeing that the problem isn't your wife or you grow too stubborn to see the truth.

Most men that come Inside the Haven start out hopeless and demasculinized. You've poured your heart into your marriage, yet you have absolutely nothing to show for it.

The truth of the matter is this:

**You are the problem.**

Or at least, you're the only one who can *fix* the problem.

But wait...This is actually good news for you.

Why?

Because all this time you've been trying to change your wife and your marriage, but now you know that all you have to do is change YOU.

Don't get me wrong; the purpose of this report is NOT to tell you that you're a bad husband, but at the same time, neither of us has time to beat around the bush. So I'm going to give you the truth, even if it's uncomfortable.

If you want to move forward, change is the only option. In this short 18 page report, I'm going to show you the man your wife wants to be with.

**This report is intended as a reset button.** Or perhaps more accurately, a *REVIVAL* button. After all, at one point your wife found you irresistibly attractive...

We're going to re-awaken that man.

I created HusbandHelpHaven.com because I am sick of seeing men let their marriages wither and die. Even more so, I'm sick of men castrating themselves "to make her happy" when that's the worst thing you can do to re-ignite attraction.

No matter who you are or what you've done, no matter where you're at right now as you're reading this...

**IT'S NEVER TOO LATE TO SAVE YOUR MARRIAGE**

You and your wife *both* deserve a happy marriage, and I am going to do my best to get you there.

As you continue reading this report, I encourage you to take notes. Chances are you're going to have some "Aha! Moments", and writing them down will cement them in your brain.

But either way, enough introduction! Let's get to the meat and potatoes, shall we?

## Essential Trait #1.

# A Good Husband Loves His Wife Unconditionally

Love is the fuel that keeps a marriage going; without it your relationship will sputter and die. You have to love your wife as you love yourself, if not more.

But how do you do that? What does “unconditional love” really mean?

Unconditional love is the recognition, anticipation, and acceptance of an *imperfect* wife.

Your love for your wife doesn't depend on her actions. For example:

You don't love her *IF* she does her fair share of house work...

*You love her no matter what.*

You don't love her *IF* you have a great sex life...

*You love her no matter what.*

You don't love her *IF* you have a happy marriage...

*You love her no matter what.*

We all make mistakes. We're all guilty of selfishness. We can't help it.

And hey, I get it - when marriage gets really bad, you almost *HAVE* to distance yourself just to stay sane. But still, in the end...

**I know you love your wife.**

You wouldn't be here reading this if you didn't.

However, let me make this perfectly clear...

Unconditional love does NOT mean you bend over backwards for your wife. Unconditional love does not mean presenting your testicles to her on a silver platter, and it doesn't mean you smother her with affection.

It means that in good times and in bad, you love her. Plain and simple. You earnestly want what's best for her, and you always, always, always take her needs into consideration.

**Remember!** A parent unconditionally loves their child, but that doesn't mean they give the child anything and everything they want. That would be foolish, and would be bad parenting.

In the same way, even though you should unconditionally love your wife, you should not do everything for her. You should not become her personal slave. You should have the cajones to say "No" sometimes.

I've read too many stories of men who think they're helping their wives by doing anything and everything. They'll do all the housework, they'll do all the "hard" parenting, and they'll work a full time job on top of that. They're willing to be a slave for their wife, thinking that's what she wants. *She might even say that's what she wants.*

But it's not. Because what happens?

She inevitably leaves, and these "perfect husbands" are left wondering why. After all, what more could they have done?

Been a man, that's what.

## Essential Trait #2.

### **A Good Husband Cares Deeply About His Marriage**

**Clearly you care about your marriage now;** things are bad and you want to save your relationship.

But how much effort did you put into your marriage back in the golden days?

Did you ever get lazy? Apathetic?

Most men put as much effort into maintaining a healthy marriage as they do into picking out an outfit before dinner...

In other words, not much effort at all.

So, how deeply do you care about your marriage?

Are you ready to put in the extra effort to turn things around?

And yes, it will take EXTRA effort. More than normal. More than you're used to. It will be hard.

You will have to control your actions, and you'll have to work against your intuition. You'll have to stay strong.

So if you're ready, put your dukes up.

You're going to have to fight for your marriage.

## Essential Trait #3.

### **A Good Husband Doesn't Let Himself Be Lazy**

A good marriage is never boring because both spouses are constantly 'training' for a better marriage.

Maintaining a happy marriage is a lot like exercising:

*“No matter how long you’ve been exercising regularly, (a) you must keep exercising to maintain your fitness, and (b) you can always get in BETTER shape.”*

I'm willing to bet that you've gotten "out of shape" as a husband.

Do you ever feel discontent or unhappy with yourself?

Well guess what? As long as you're unhappy with yourself, your wife will be unhappy with you, too.

Read that again:

**As long as you are unhappy with yourself,  
your wife will be unhappy with you, too.**

As a husband, you need to be constantly aware of your self-worth. Do whatever you have to do to maintain confidence.

You need to constantly check yourself to make sure you're not getting lazy and letting your confidence as a man slip away. It's easy to fall into routine, to start expecting sex, and to stop putting effort into your marriage.

But the moment you get lazy, your wife will notice.

Even if you haven't actively worked to be a better husband in the past, you're here now. That's what's important.

I highly recommend you check out the "Maintaining Your Marriage Is like Maintaining Your Car" analogy [in this article about open communication](#) (click the link; it's about half way down the page) to understand more about the difference between fixing a broken marriage and maintaining a happy one.

In the next newsletter (which should arrive tomorrow), we'll be talking more about this essential trait, so stay tuned.



## Essential Trait #4.

### A Good Husband Gets Frustrated With Slow Progress

Now, this is one trait that I KNOW you've got down pat.

This trait is also one of the few that can actually work against you.

If you're like 99.9% of husbands, then by the time you find HusbandHelpHaven.com you've already tried a couple different methods to improve your marriage...

- Maybe you've tried 'better communication'
- Maybe you've read books to better understand marriage or women
- Maybe you've even tried marriage counseling

But nothing has made a difference, or at least not a lasting one.

... And now you're frustrated.

That's okay!

It would be a bad thing if you *WEREN'T* frustrated with a complete lack of progress.

But here's the thing...

**You can't let frustration stop you from trying.** As a husband, it's your responsibility to be vigilant in both good times and bad.

Again we see similarities between marriage and fitness (*I'm a fitness enthusiast, if you can't tell*)...

When you start dieting, you expect to lose weight. It's frustrating when you see the same number on the scale week after week.

In fact, it's so frustrating that after several weeks of seeing little or no progress, you may start to feel like giving up. You may lose sight of your goal, and how good it will feel once you get there.

But if you give up on your diet, you'll never lose weight. You'll never experience the freedom and peace that come with a healthy body.

Similarly, when you start putting effort into your marriage, you expect to start feeling happier. When things stay the same it's frustrating.

A lack of progress can make you feel like giving up, but just like with your diet...

If you give up on your marriage, you'll never be happy, and you'll never be a good husband.

Remember, a war isn't won in a day. Count your victories today, mentally prepare to do better tomorrow, and repeat the process every day until you get her back.

Which brings me nicely to our next trait...

## **Essential Trait #5.**

### **A Good Husband Is Patient & Does NOT Give Up Hope**

It's easy to lose hope, and it's even easier to lose patience.

We live in the 21st century; we're programmed to expect things FAST. We want everything yesterday and we don't have time to wait until later to see results.

But you want to be a good husband, remember?

As a good husband, you need to be the rock in your marriage that your wife can depend on through good times and bad.

It's normal to have doubts, and it's normal to be frustrated, but no matter what you can't let that doubt or frustration poison your feelings about your marriage or your wife.

**- NO MATTER WHAT -  
You Can STILL Save Your Marriage**

It's like that saying, "Where there's a will, there's a way."

The only difference is that you have to find the right "way" to apply your "will" to your marriage, or nothing will improve. That "way" is leadership, which forms the core of my marriage philosophy.

As long as you stay subscribed to Husband Help Haven, I will do my best to help you help you unlock and maintain the husband-leader inside of you that will blaze the path to a happy marriage.

## Essential Trait #6.

### A Good Husband Doesn't Beg His Wife to Stay

Now, this is where I expect to see more than a few raised eye brows...

*“But wait, Stephen... If my wife only knew how much I cared for her, wouldn't that make her love me more?”*

*“But wait, Stephen... Don't I need to be willing to do ANYTHING for my wife, including get down on my knees and beg her to stay?”*

You're right.

You should be willing to do *anything* for your wife.

That's exactly why you MUST NOT allow yourself to beg her for your marriage.

**Begging your wife is a TURN OFF.**

Women universally DO NOT respond to begging. Instead, it pushes them away. You will never save your marriage by begging for an extension.

Even if you beg your wife to stay and she agrees to stick it out for a little while longer, her perception of you has lowered and in the end you've made things worse.

There are much better ways to get your wife back than begging.

Being a man is one of them.

## What If You Already Begged Your Wife?

One of the most common questions I get from men who've read through 9 Essential Traits of a Good Husband is, "*Help! I already begged my wife to stay, what do I do?*"

First and foremost, you need to understand why begging is such a turn-off, then you can focus on fixing the problem.

The reason that begging is such a huge no-no for your wife is because deep down, her intuition tells her that **begging is selfish**.

That's right. Even though on the surface, you tell yourself that you're begging your wife because you love her, the truth is that begging is rooted in desperation. And desperation is rooted in fear, not love.

In other words, the reason you beg your wife is NOT because you love her and want her to stay; it's actually because you're scared of the pain you'll experience when she leaves. You don't beg because you love her; you beg because you want control and you don't have it.

There's a very subtle difference in motivations there, but it makes all the difference to your wife.

I can guarantee this is how your wife sees it when you beg her... She doesn't see a man who genuinely wants her to stay in the marriage; she sees a man who has grown comfortable in his apathy, and who, now that he's facing the loss of that comfort, is desperate to keep things the same.

Even if you haven't begged your wife, I'm willing to bet you've made some other mistakes.

If you're like 90% of men who come to Husband Help Haven, the more you read, the more you realize that you are not the 'decent husband' you thought you were. Perhaps you've been making mistakes that should've been fixed a LONG time ago.

Can your marriage still be saved, EVEN IF you've made some of these big mistakes?

YES!

Absolutely.

And we'll talk more about how to move forward throughout the rest of this ebook.

## Essential Trait #7.

### A Good Husband Has Dignity

If you're still not convinced that begging your wife to stay is such a bad idea, here is another reason...

A good husband – and a good leader – has dignity.

- **Dignity Is NOT Getting on Your Knees** and begging your wife to stay, desperately pleading with her to “work on things” with you
- **Dignity is NOT Losing Your Temper** and shouting obscenities or other things you'll regret saying later
- **Dignity is NOT Turning to Alcohol, Drugs or Porn** to find a way to "tune out" the problems in your marriage

**Remember... You are a MAN!**

So act like one. When your wife sees you lose your dignity, it is a turn off. Don't ever forsake this precious virtue, because it is pivotal for holding onto your wife's respect.

**Please Note** – Having dignity doesn't mean you're not allowed to show emotion. You don't have to be a jerk, just don't be a pansy. We all cry. We all get mad. We all feel guilty. Nothin' wrong with that.

Just remember that feelings pass, but what you say or do can't be taken back. Ever. This applies to more than just begging. Check out this article on Husband Help Haven about [how to talk to your wife when she's leaving](#) for more information.

## Essential Trait #8.

### A Good Husband Recognizes When He's Wrong

We all make mistakes from time to time.

It's easy to see when your wife makes mistakes. It's always much harder to see your own.

But never forget - You make mistakes.

Honestly, if you're anything like me, then you make mistakes on a daily basis. And you wouldn't be here reading this unless you've made some pretty big ones.

A good husband understands this fact of life, and he anticipates it in his day to day living. This anticipation makes him much more capable of dealing with the problems that do inevitably arise.

A good husband recognizes his own mistakes, and this recognition makes him humble.

And yes, there is a difference between humility and begging...  
Humility is essential to dignity.

Because a good husband recognizes his own mistakes, he's slower to place blame on his wife and quicker to forgive the mistakes that she does make.

A good husband doesn't blame his wife for a bad marriage. He recognizes that both he and his wife have been wrong. The only way forward is to ***forgive those mistakes and focus on the future.***



## Essential Trait #9.

### A Good Husband Can Stop to Ask for Directions

I've saved the best for last.

There's a stereotype that says men HATE stopping to ask for directions.

Stereotypes exist for a reason...Many men (*myself included*) don't care if it costs 3 extra hours of driving, we WILL find our own way home.

No matter what, we do *not* need to ask for directions.

With GPS and smartphones this doesn't happen as much anymore, but you get the point...**We men are naturally self-dependent.** It's often seen as un-manly to get help in any way, shape or form.

Ironically, the same men who refuse to stop and ask for directions are also usually the ones on their knees desperately begging their wives for just one more chance.

This goes back to the humility thing... A good husband knows that sometimes he will be wrong, and sometimes he needs guidance.

- Even if you've been married for years...
- Even if you and your wife were best friends before your marriage...
- Even if you studied women under the tutelage of Don Juan himself...

**You DO NOT know everything about marriage.**

**You DEFINITELY do not know everything about women.**

Whoa! I can hear the world exploding around you.

But the sooner you face it, the better - **We all need help** from time to time. It's hard to get that help from the mirror.

Sometimes you need somebody else to slap some sense into you. And I'm happy to be that somebody :)

Now don't get me wrong, you've already had a great start in the 'asking for help' department simply by reading this report. The fact that you're here at all shows that you're willing to ask for directions. That's great! Just keep this trait in mind as you go forward.

Being able to ask for help puts you ahead of the 95% of men who will never have a happy marriage because they're unwilling to stop and ask for directions.

## Where Do You Go From Here?

As I've said many times before, I firmly believe it is NEVER too late to save a marriage.

Obviously, there are no guarantees, but I have personally seen men get their wife back even after making the worst mistakes a man can make. I've seen men repair their marriage even after having an affair, or after asking their wife for a separation.

I'll admit that I am an optimist when it comes to marriage, but the truth is that I've seen men who have actually gone through divorce and STILL managed to get their wife back in the end.

You'll hear some of these men's stories in future Husband Help Haven newsletters.

For now, no matter what mistakes you've made, it's time to move forward.

You can't change what happened in the past, so it doesn't matter. Learn what you can from it, then focus on today. What matters is what you do today, what you do tomorrow, and what you do every day after that.

If you're at a point where every single day matters in your marriage, I recommend you check out my starter course. It's called...

### **[10 Steps to Gain Husbandly Leadership](#)**

Just click that link to get started.

If you liked this report, you're going to love the 10 Steps course. It'll take you less than 2 hours to complete, and by the end of it you'll have a clear starting point to start making changes in your marriage TODAY.

Either way, in the next few newsletters I'll be giving you a man's road map to saving your marriage and getting your wife back. Keep an eye on your inbox, and remember to add my email address, [inside@husbandhelphaven.com](mailto:inside@husbandhelphaven.com), to your email contacts so I don't get sent to your spam folder.

### **THANKS FOR READING!**

And stay tuned to your inbox because I'll be in touch with you tomorrow with some man-to-man advice that you won't want to miss...

**Next Time >>**

**The Obvious Secret to Getting Your Wife Back**

Much manly love,  
- Stephen