



WORKBOOK:

9 Things Every Wife Needs From Her Husband

This workbook is broken up into two parts. The first part is a self-assessment quiz that will help you identify which ‘things’ your wife is already getting from you, and which ‘things’ you should work on providing for her.

After you’ve scored your strengths and weaknesses, the second part of the worksheet is a guide to help you identify specific focus areas for how you can start improving those ‘things’ your wife isn’t getting from you

Part 1.

Self-Assessment Quiz & Scoring

Purpose:

Evaluate how well you're currently meeting your wife's needs so that you know where to focus on improving.

Step 1. Take the Self-Assessment Quiz

Instructions: Read through each statement and grade how true it is on a scale from 1 to 10, with 1 being "Not true at all" and 10 being "Very true!" Be honest with yourself; it's better to guess too low than too high!

- ___ *"My wife feels secure and well-provided for."*
- ___ *"My wife feels content with her place in life and the marriage."*
- ___ *"My wife is proud of her husband and family."*
- ___ *"My wife feels like she can count on me for support."*
- ___ *"My wife and I are great friends."*
- ___ *"My wife feels beautiful and appreciated."*
- ___ *"My wife enjoys being close and intimate with me." (not just in the bedroom!)*
- ___ *"My wife thinks that I am a great father." (skip if you don't have kids)*
- ___ *"My wife follows my lead and respects my leadership." (even if she wouldn't say it that way herself).*

Step 2. Average Your Score

Total up your score from each question and enter it below:

Divide your total score by 9 (or by 8, if you don't have kids) and enter it below. This is your average score:

Step 3. Identify Your Strengths & Weaknesses

Instructions: This is where we will identify your current strengths and weaknesses in what your wife gets from the marriage. Refer back to the quiz you took in Step 1 and write down your top 3 and lowest 3 'things' that you provide for your wife.

My 3 Highest Scored 'Things' Are:

1. _____
2. _____
3. _____

My 3 Lowest Scored 'Things' Are:

1. _____
2. _____
3. _____

Part 2.

How to Improve Each 'Thing' for Your Wife

Every marriage and every family is different, so keep in mind that the specific tasks that you will have to do to meet each of these goals will vary on a person-by-person basis. That being said, these goals should help you identify exactly what you should be working on in your marriage right now.

1. Security

This one is pretty easy because it is so straightforward and concrete. If your wife currently lacks a feeling of security in the marriage, then your job is to help her create confidence in the future.

The easiest way to do this by **taking money management more seriously**. Create a plan to get out of debt, or to save up for the retirement that both you and your wife have always wanted. Create a monthly budget and stick to it.

Other ways that you can help your wife feel more secure in the marriage is by taking a **more active role in household duties**. This helps your wife not feel a sense of dread about the future, as if she's going to be forever stuck doing an overwhelming amount of household maintenance.

Contentment

This is a big one, so I'm going to spend a good chunk of time talking about it here.

If your wife lacks feelings of contentment in the marriage, it means that she feels unfulfilled.

Feeling unfulfilled is a very dangerous thing inside of a marriage because it can easily fester to create a host of other problems. For example, a midlife crisis, infidelity, and increased distance from the marriage can all be traced back to unfulfillment.

As we talked about in the blog post, **the best way I've found to maintain contentment in a marriage is to lead by example**.

Your wife needs to see that you enjoy your life inside the marriage, even if things aren't perfect right now. She needs to genuinely believe that you would NOT go back and choose a different path in life, even if you could.

Another way to help your wife find contentment in the marriage is by helping her identify the PURPOSE of the marriage and family. For Christians, this is easy... God calls us to live out marriages that honor Him and that evoke the relationship between Christ and the Church.

For those with different beliefs, this purpose could be finding joy in contributing to society and helping combat the modern trend of broken marriages ending in divorce. And if you have kids, your purpose could be to raise children who will make the world a better place.

Basically, **when your wife both ENJOYS the marriage and sees the POINT of being married and/or having a family, *that's when she will be content.***

Pride

It sounds obvious, but the easiest way to help your wife have a sense of pride about the marriage is to **simply be a good husband.**

If you're new to Husband Help Haven, you should have received a copy of 9 Essential Traits of a Good Husband along with this worksheet.

Read it. Apply it to your marriage

This 'thing' is almost a symptom of all the other 'things' that your wife needs from the marriage...

When your wife feels secure, content, supported and beautiful, and when she knows she married not only her best friend, but a great father, leader and lover, how could she NOT feel a proud?

Support

If this area is a problem for you, then your goal is to show your wife that you care about her and how she feels. **Show her that her problems are your problems**, no matter how small.

Again, how to actually go about doing this is going to widely vary depending on what your marriage is like right now. The important thing is that your end goal is to show your wife that *you* care about what *she* cares about.

Friendship

Try to arrange time with your wife outside of “parent mode” or “planning mode”. Watch some TV together. Play a game together.

Remember, **your goal here is to get your wife to enjoy spending time with you.** Nothing less, nothing more. Don’t overcomplicate this... Sometimes all it takes is simple conversation!

Ask yourself, *“What do I enjoy most about my other friendships outside of marriage?”*

Then see if you can figure out how to apply those same things you enjoy with your other friends to your relationship with your wife. Obviously, not everything will be applicable, but it’s a good start.

Beauty

This is actually one that I personally struggle with.

To me, it’s obvious that my wife is beautiful. I think she’s the most beautiful woman in the world in just about every way imaginable.

But! *I don’t do a great job of communicating that to my wife.*

And I’m reminded of that every time my wife looks in the mirror and says something like, “Ugh, my hair is so ugly,” or “I wish I could be nicer to people.”

This isn’t just a female thing... As we talked about in the blog post, people in general tend to focus on their flaws over their strengths.

Making your wife feel beautiful is about finding ways to highlight her strengths to her on a consistent basis. One of the tactics I talk about in [Manly Marriage Revival](#) is compliment planning... It’s basically where you think of compliments ahead of time, then look for opportunities to give them to your wife.

Many times, the stereotypical romantic gestures are a great starting point for showing your wife how beautiful she is.

A romantic date night, buying her flowers out of the blue, a sweet card, a kind gesture... All of these things can help show your wife how beautiful you think she is and how lucky you count yourself to be married to her.

Intimacy

This is the most challenging ‘thing’ to improve of the nine we talked about in the blog post because it is the one that really does best when it happens naturally.

It’s hard to artificially manufacture “closeness” with your wife.

The best advice I can give you is to remember what it feels like to be intimate with someone, and then reverse engineer how you can create that feeling for your wife. And as I’ve said a few times now, remember that intimacy is about more than just sex.

Close your eyes and try to picture it...

What does it feel like when you get that warm fuzzy feeling inside where you really feel like your wife KNOWS you on a deep, personal level?

What does it feel like to KNOW that you are truly understood?

How does it feel to know that your wife sees you for who you are, flaws and all, and still wouldn’t change a thing about you?

THAT is the feeling you’re trying to create *for your wife*. So, start there and work backwards.

Fatherhood

This is another one that is pretty straightforward because most of the time, **all you have to do to be a better father is simply TRY to be a better father.**

So many men today are absent from parenting.

Maybe they’re not absent physically – they stick around, they’re part of the family – but they’re absent emotionally... They don’t really ENGAGE with the kids or go out of their way to get time with them. They certainly don’t enjoy the time they spend parenting, or at least they don’t do a good job of showing it.

If fatherhood is something that you think your wife is missing from you, all you have to do is **start picking up MORE than your fair share of parenting responsibilities.**

The reason I say to do MORE than your fair share is because so far, what you *think* is your fair share has proven to be LESS than what your wife believes is your actual fair share.

So, do more than you think you should to be a better father and family-leader.

Leadership

As we said in the blog post, leadership is the culmination of all these other ‘things’.

We’ve spent a LOT of time talking about leadership on Husband Help Haven, and it’s a pretty massive subject, so I’m not going to go into too much “do this, don’t do that” type advice here.

If you’re reading this, you’re a subscriber to the Inside the Haven newsletter, and you’ll get a TON of leadership advice as you progress through all the lessons I’ll be sending you.

If you DO want some further reading on the subject of leadership right now, there are a couple resources on Husband Help Haven that I highly recommend you check out while you’re waiting for more stuff to arrive in your inbox:

[What Is Leadership in Marriage?](#)

[The Leadership Cycle](#)

If you’re a new subscriber, don’t forget to check your inbox for an email with a link to the 9 Essential Traits of a Good Husband PDF! I promise you’ll learn something from it.

For the rest of you, I hope you enjoyed the checklist and thanks for reading.