

GOODGUYS2GREATMEN

TRANSFORM YOUR RELATIONSHIPS - BECOME THE MAN YOU WERE MEANT TO BE!

5 Secrets of an Unhappy Wife

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The 5 Secrets of an Unhappy Wife

Introduction

Why are these 5 Secrets important to you?

These secrets form the foundation on which your marriage can either fail or flourish.

The top reasons given by women for leaving their husbands fall into the category of “mental cruelty”. Also referred to as emotional abuse, the reasons all lead to one truth. Women need their men to create good feelings and emotional safety. This means that a man must understand his role in creating an environment in which emotional and physical intimacy can thrive. Women want and need both.

A woman who says these things to her friends or her divorce lawyer, is a woman in pain. She needs a man who will listen to these statements and try to understand what she needs from him.

"I hurt all the time because I feel alone and abandoned."

"My husband is no longer my friend."

"The only time he pays attention to me is when he wants sex."

"He is never there for me when I need him the most."

"When he hurts my feelings he doesn't apologize."

"He lives his life as if we weren't married; he rarely considers me."

"We're like ships passing in the night, he goes his way and I go mine."

"My husband has become a stranger to me, I don't even know who he is anymore."

"He doesn't show any interest in me or what I do."

Men who choose not to learn these secrets and not to act upon them will continue to experience the pain of a difficult relationship. Feelings of frustration and resentment will continue to build over time. At some point it becomes too late to rebuild the intimate connection. His wife has decided that there is no hope and no trust that her husband will ever understand her and be able to give her what she needs.

All five of these secrets are ALSO true of a happy wife. If a man has a happy wife it probably means he has already discovered and ACTS upon these secrets. What I have found working with men whose partners are in a downward spiral of unhappiness and detachment is that **these secrets are the key** to reversing the spiral. A man must WANT to change the way he uses his "power." He must choose to begin thinking about his partner in positive ways again. He must begin to act in ways that result in good feelings instead of bad. And he must accept the responsibility for **going first** – no matter what has happened. This is what great men do and it is why they enjoy **incredible and intimate relationships** with their wives!

Secret #1

She Can FEEL Your Intentions

Women are a lot like horses. They BOTH have nearly *supernatural* ability to sense negative energy and pressure. This "intuition" is widely documented, though many women don't even trust it themselves. But they WILL react to it. We men are so simple, so direct, so "what you see is what you get". This is why we stink at reading between the lines and taking hints.

This is also why we stink at truly understanding the avalanche of emotions we can cause in our women without even knowing it. It's obvious (maybe not?) that an angry toned, table pounding, perfectly logical argument will ruffle emotional feathers. What's NOT obvious is how she FEELS your intentions. Just like a horse

gets nervous around nervous people, a woman will react to your negative energy. Even without a word, if your energy oozes the least bit of resentment, condescension, or judgment – YOU have already declared war. And yes, it's your fault. Sorry.

The GOOD NEWS is that your wife feels *positive intention* the exact same way. Positive intention means positive energy which means everything you say and do is coming from a different place – a place of love. Instead of judgment, your *intention* is acceptance. Instead condescension, your *intention* is respect. You get the idea. It MUST be true. You MUST be authentic. The results you will see in the tone of your conversations are absolutely mind-blowing! But YOU have to GO FIRST.

I can hear all of your “yeah but” arguments now and already call “bullshit”. There IS a way for you to take more **ownership** for **your** energy. You can't own her reaction or her happiness, but you can do better, BE better – if you WANT to!

YOUR ACTION STEP DAY #1

Choose the intentions of RESPECT and ACCEPTANCE. Decide to show her ONE TIME today that you truly respect and accept her. Use words, touch, or feelings. Make it true for you and it WILL be true for her.

Keep it short. Keep it honest. Do it without expectation for anything!

[Contact me](#) if you need help with this.

Secret #2

She Really *IS* A Sexual Woman

For men who have decided that their woman is simply not sexual, not physically affectionate, or EVER horny – you're wrong. Just like you, they are designed for sexual arousal and sexual pleasure. That's about where the similarities end. She **DOES** think about sex. She **DOES** have fantasies. She **DOES** get aroused. But in a troubled relationship, she just doesn't have YOU in mind. Remember when she used to come after you? Remember how desired you felt? How confident? What happened to THAT guy?

What happened is "life" and your lack of awareness of your job description. Sex is not a guaranteed fringe benefit of marriage. Sex is the result of an age old cycle of attraction, flirtation, and foreplay. And that's really all she wants. That's what she USED to have with you. Now she imagines it with others because you've somehow lost the recipe. Women simply will not have sex with someone they don't feel attracted to.

Note the FIRST thing I mentioned was ATTRACTION. Without this, flirting and foreplay are a complete waste of time unless you've pushed so hard you wind up with "obligation sex" – the worst possible type! Yes, we've all been there – it's ok. You will learn about how to never go there again.

The thing about attraction is that it's hard to pin down. Ask her and she'll likely say, "I don't know, but I know it when I feel it!" That's why you need some time with a coach who can explain it to you. Depending on the current environment in your home, attraction will have different meanings and requirements of you. Is she totally withdrawn? Is she simply irritable? Is her mood swinging up and down? Does she like to "talk about things" or is she done with talking?

Being able to read her current state is important. While you are not in charge of her moods or behavior, you need to be aware of how you may be involved in her reactions toward you. Becoming attractive to her again may involve reversing some damage you unknowingly inflicted. If you have been argumentative, dismissive, resentful, negative, or critical you ARE in charge of that and need to get to work. Why? Because fixing THAT stuff is important for WHATEVER goals you have in life. If you decide to fix that stuff JUST TO GET SEX she will know it in an instant! Yes, she really is THAT good. A man who is willing to resort to “stuff” to earn sex is seen and FELT as **tremendously non-masculine** to a woman. That’s bad and that’s a whole new topic for later.

YOUR ACTION STEP DAY #2

Choose to compliment her for ONE THING you find irresistible about her. Do NOT make it about her physical appearance. Tell her one thing you really noticed that is something you have ALWAYS admired about her and have been attracted to. It could be about her dedication at work, her incredible mothering, her creativity, her optimism, etc. Make it SPECIFIC. Make it TRUE for you and it will be true for her.

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Secret #3

She Has No Choice But To LEAD If You're Not Doing It

By “lead”, I mean being the one who ends up taking charge of the relationship and the household. So many men will complain about their “bossy wife” or their “nagging wife” or their “disrespectful” wife. Why does this happen to them?... because they deserve it.

A young horse that has been given zero leadership acts the same way. They'll push you, step on you, bite and kick at you. This horse is really *craving* some sort of leadership! It would much prefer to feel safe, trusting, and relaxed in a **partnership**. Without leadership, she has no choice but to act in ways to assert her desires on her terms only. Luckily, in the wild this young horse will meet its leader and quickly find peace, harmony, and respect.

No, women are not horses and we don't “train” women. But your wife would appreciate some leadership from you! Leadership is an important part of the attraction formula. Many men allow their women to lead *everything*: the kid department, the laundry department, the meal department, the cleaning department, the relationship department, and even the SEX department! It's no wonder these guys find themselves begging for morsels of respect and physical affection. They don't deserve it.

You see, the type of leadership I'm talking about is really about ***your ownership*** of some of the departments. Taking responsibility and following through is absolutely SEXY. Establishing your personal values for what you're in charge of is SEXY. Playing your role in keeping the relationship loving, respectful and fun is SEXY. This type of leadership will finally allow her to feel safe, trusting, and relaxed because YOU have stepped up. A woman lucky enough to have a man like this doesn't have to resort to nagging or bossing. With the right level of leadership she will respect you, partner with you and be proud of you.

YOUR ACTION STEP DAY #3

Choose ONE THING for which you are going to take ownership. Do not make it an announcement and do not ask for permission. Choose something that you believe you should own because it is who you want to be. It could be anything from a housekeeping chore, to home finance, to kid logistics, to making time for family fun. Make it important to you and it will be appreciated by her.

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Secret #4

She Thinks You Should KNOW What “Emotional Safety” Means For Her

For both men and woman, Emotional Safety simply means that our emotions are not judged and not subject to debate. It means that emotions are respected for being real and important exactly as they are felt. It means the environment is safe for sharing and discussing our feelings.

Emotions are not supposed to make sense or be logical. How many times have we uttered, “Well, you shouldn’t feel that way.” Well, every time you get turned down for affection or sex and *feel* rejected you shouldn’t feel that way. Simple, huh? It’s not simple. Your feelings of rejection are very real. You want her to care about them – to DO something about them. But she needs something from you first. Yes, you. It is YOUR job to create an environment of emotional safety before you can expect her to listen or care about **your** feelings. You must go first.

When a woman says, “I hate it every time you lose your temper. It makes me feel, I don’t know, I just hate it!” What she’s trying to say is that “You have the ability to either make me feel good or bad, and you are *choosing* to make me feel bad.” And THAT choice of yours speaks volumes to her about your concern and respect for her. And it never helps to tell her, “It has nothing to do with you. You shouldn’t feel that way.” Trust me on that one.

If a man chooses to create an environment of emotional safety, he is choosing to understand what behaviors of *his* can allow that to happen. He is choosing to make changes in how he responds to his wife’s emotions. He learns the difference between a boyish **reaction** and a masculine **response**. He discovers that he enjoys living his life this way so much more than before!

YOUR ACTION STEP DAY #4

Read my blog article: [A Man's Job: Creating Emotional Safety!](#)

Choose ONE THING you will do today that will make her feel safe in your company. Do not make a big deal out of it. If she is speaking to you, STOP what you are doing and face her. Listen to understand. Don't analyze. Don't fix. Really listen until she is done talking. If she is upset or angry – DO NOT react like a hurt puppy. Be her rock. Listen and respond with concern and compassion. Find quiet time to sit and talk about ANYTHING. Listen to her words. Support her feelings as valid. Don't be her girlfriend – be her MAN. Make it important to you and it will feel safe for her.

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Secret #5

She Wants You To Succeed!

She picked you for a reason. She was attracted to you. She thought you were funny. She laughed at your jokes. She loved making love. She trusted you and respected you. She was proud of you.

She wants you to succeed in leading the recovery back to what you had. No matter what she says or how she talks to you, she is craving for what you had and wants you to LEAD her back there. She can't do it alone. She is willing to try if you will just LEAD. She needs you to GO FIRST.

Then, guess what? She won't believe you at first. There are years of "data" that shows you changed into someone different. She will test you – constantly – to see if you can be trusted. But she is rooting for you and wants you to succeed. She wants you to convince her that you really get it and you can be consistent.

Just like a horse that has been mistreated, there is a long, slow process of recreating an environment of safety, trust, respect, and love before they can commit to a partnership. It took years to create the problem, and it will take time to fix it. Once the partnership starts to flourish again and the old feelings rush back, we realize it was worth working for.

She wants you to succeed because she knows that you want the same thing she does: A mutually satisfying and loving relationship with all the trimmings!

YOUR ACTION STEP DAY #5

Take some time for yourself and take a deep breath. Then another. You have had a good week and you know it is just the beginning for you. The NEW you.

Choose ONE THING you will do this weekend that will be FUN for you, your wife, and kids. It might last 5 minutes or 5 hours. But decide that YOU OWN the weekend "FUN DEPARTMENT" for at least one day a weekend.

Do not make a big deal out of it. Think of something out of the ordinary – something spontaneous – something generous with your time or money. Make it about fun, happiness, being together, and good feelings. Do something you know you and they will enjoy. Even if someone acts uninterested, do not be fazed. Follow through and have fun with whoever is in!

Make it truly fun for you and it will be fun for them.

Keep it short. Keep it honest. Do it without expectation for anything!

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Conclusion

You CAN do this. Choosing to become this man is the greatest gift you can give yourself and everyone you love. This is the man you were meant to be.

After your first two weeks, please contact me by phone or email to let me know how it is going or if you just need to ask questions.

You WILL be tested. You will wonder why you are getting some strange reactions. That is normal and does not matter. **Be the man you want to be without apology or self-doubt.**

Good Luck – Be Strong!

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