

Top Love Needs of Men & Women

Number 1 for wives: Unconditional Love

My wife needs to be loved and accepted for who she is, not for what she does. It cannot be performance based. Men, we are competitive, achievement-based and results-oriented by nature, but we can't expect our wives to have to earn our love by some method of score keeping.

Number 1 for husbands: Respect

A man deeply needs his wife to respect his knowledge, opinions, and decisions—his judgment. They don't want a silent door mat; men just wish their wives wouldn't question their knowledge or argue with their decisions all the time. The husband needs his wife to create a safe and judgment free haven so he can "let his guard down". When we complain or compare our husbands to others, it is being unfair and disrespectful to our husbands.

Number 2 for wives: Intimacy through COMMUNICATION

Women talk and communicate to process their thoughts, feelings, insecurities, stresses and to feel connected. In others words, women talk and communicate to build a relationship and to satisfy emotional needs.

The difference with men is that we communicate less freely, and in more sequential patterns for the purpose of efficient exchange of information, to achieve an outcome, or to solve a problem. Men will conduct a single exchange until the point is finished, women can be a part of several different conversations at once, and don't need an exact conclusion. **Men: sometimes listening is the solution itself.**

Number 2 for husbands: Intimacy through SEX

Having a regular, mutually enjoyed sex life IS critical to the man's feeling of being loved and desired. One man put it: *"I wish my wife understood that making a priority of meeting my intimacy needs is the loudest and clearest way she can say, 'You are more important to me than anything else in the world.' It is a form of communication that speaks more forcefully, with less room for misinterpretation, than any other."*

Fulfilling sex is a solid form of support that gives him power to face the rest of his daily life with a sense of confidence and well-being. One man wrote "Sex is a release of day-to-day pressures...and seems to make everything else better."

Number 3 for Wives: Encouragement (through assurance and affirmation)

This is a main ingredient in a good marriage. Her heart and sense of self-worth are nourished by encouragement and assurance by her husband. Women draw encouragement from simple acts of caring like hugs (non-sexual, 7-10/day), affirming words or gestures that overcome their insecurities, and having the freedom to trust and confide in their husbands.

It is unthinkable that we husbands would starve our wives food and water, a basic physical need. Likewise we shouldn't starve our wives of assurance and affirmation, a basic emotional and love need.

Number 3 for Husbands: Friendship & Companionship

This goes right back to Creation... Gen. 2:18..."*And the Lord God said, "It isn't good for man to be alone; I will make a companion for him, a helper suited for his needs"*. No wonder our husbands need our companionship, that's why God made us!

Our friendship is something our husbands need to be able to count on, because men don't naturally have as many (or as deep) friendships as women do. Even so, they still have the need to share, be vulnerable, connect emotionally, and have fun.