



## *Ways a Husband May Express Love to His Wife*

### **Additional Notes:**

Evaluate the way you express love to your wife. Circle the ways you are neglecting. Ask your wife to go over the list and put a check mark in front of the ways she would like you to express love. Ask her to add other things to the list.

You may express love to your wife by:

1. Functioning as the loving leader of your home.
2. Frequently telling her you love her.
3. Giving her a regular amount of money to spend in any way she chooses.
4. Leading family devotions regularly.
5. Smiling and being cheerful when you come home from work.
6. Helping her wash and dry the dishes at least twice a week.
7. Taking care of the children for at least three hours every week so that she has free time to do whatever she wants.
8. Taking her out for dinner or to do some fun thing at least once a week.
9. Doing the "fix-it" jobs she wants done around the house.
10. Greeting her when you come home with a smile, a hug, a kiss, and an "Am I glad to see you. I really missed you today."
11. Giving her a lingering kiss.
12. Frequently patting her on the shoulder or fanny or holding her hand or caressing her.
13. Being willing to talk to her about her concerns and not belittle her for having those concerns.
14. Looking at her with an adoring expression.
15. Sitting close to her.
16. Rubbing her back or ...
17. Shaving or taking a bath or brushing your teeth before you have sexual relations.
18. Wear her favorite after-shave lotion.

**Additional  
Notes:**

19. Writing love notes or letters to her.
20. Letting her know you appreciate her and what you appreciate about her. Do this often and for things that are sometimes taken for granted.
21. Doing the dishes while she relaxes or takes a bubble bath.
22. Playing with her; sharing her hobbies and recreational preferences enthusiastically; including her in yours.
23. Seeking to set a good example before the children.
24. Talking about her favorably to the children when she can hear you and when she cannot.
25. Bragging about her good points to others; letting her know you are proud to have her as your wife.
26. Maintaining your own spiritual life through Bible study, prayer, regular church attendance and fellowship with God's people.
27. Handling your affairs decently and in order; structuring your time and using it wisely.
28. Making plans prayerfully and carefully.
29. Asking her advice when you have problems or decisions to make.
30. Following her advice unless to do so would violate biblical principles.
31. Fulfilling your responsibilities.
32. Being sober but not somber, about life.
33. Having a realistic, biblical, positive attitude toward life.
34. Discussing plans with your wife before you make decisions, and when the plans are made, sharing them fully with her, giving reasons for making the decisions you did.
35. Thanking her in creative ways for her attempts to please you.
36. Asking forgiveness often and saying, "I was wrong and will try to change."
37. Actually changing where and when you should.
38. Sharing your insights, reading, good experiences with her.
39. Planning for a mini-honeymoon where the two of you can do whatever you want to do.

**Additional  
Notes:**

40. Giving a low whistle or some other expression of admiration when she wears a new dress or your favorite negligee or . . .
41. Gently brushing her leg under the table.
42. Being reasonably happy to go shopping with her.
43. Relating what happened at work or whatever you did apart from her.
44. Reminiscing about the early days of your marriage.
45. Expressing appreciation for her parents and relatives.
46. Taking her out to breakfast.
47. Agreeing with her about getting a new dress or some other item.
48. Thank her when she supports your decisions and cooperates enthusiastically. Especially make it a matter of praise when she supports and helps enthusiastically at times when you know she doesn't fully agree.
49. Asking her to have sexual relations with you and seeking to be especially solicitous of her desires. Express gratitude when she tries to please you.
50. Buying gifts for her.
51. Remembering anniversaries and other events that are special to her.
52. Watching the TV program or going where she wants to go instead of doing what you want to do. Do it cheerfully and enthusiastically.
53. Being cooperative and appreciative when she holds you, caresses or kisses you.
54. Being cooperative when she tries to arouse you and desires to have sexual relations. Never make fun of her for expressing her desires.
55. Running errands gladly.
56. Pampering her and making a fuss over her.
57. Being willing to see things from her point of view.
58. Being lovingly honest with her - no backdoor messages - no withholding of the truth that may hinder your present or future relationship.
59. Indicating you want to be alone with her and talk or just lie in each other's arms.

**Additional  
Notes:**

60. Refusing to "cop out," "blow up," attack, blame shift, withdraw, or exaggerate when she seeks to make constructive suggestions or discuss problems.
61. Giving her your undivided attention when she wants to talk.
62. Cheerfully staying up past your bedtime to solve a problem or share her burdens.
63. Getting up in the middle of the night to take care of the children so that she may continue to sleep.
64. By holding her close while expressing tangible and vocal love when she is hurt, discouraged, weary or burdened.
65. Planning vacations and trips with her.
66. Sometimes helping her yourself instead of telling the children to "help mommy."
67. Being eager to share a good joke or some other interesting information you have learned.
68. Joining with her in a team ministry in the church.
69. Doing a Bible study or research project together.
70. Establishing a family budget.
71. Keeping yourself attractive and clean.
72. Being cooperative and helpful as a co-host when you have people in for dinner or fellowship.
73. Asking her to pray with you about something.
74. Spending time with the children in play, study, and communication.
75. Acknowledging that there are some specific areas or ways in which you need to improve.
76. Refusing to disagree with her in the presence of others.
77. Cooperating with her in establishing family goals and then in fulfilling them.
78. Being available and eager to fulfill her desires whenever and wherever possible and proper.
79. Beginning each day with cheerfulness and tangible expressions of affection.
80. Planning to spend some time alone with her for sharing and communicating every day.

**Additional  
Notes:**

81. Remembering to tell her when you must work late.
82. Refusing to work late on a regular basis.
83. Taking care of the yard work properly.
84. Helping the children with their homework.
85. Refusing to compare her unfavorably with other people.
86. Handling money wisely.
87. Not allowing work, church or recreational activities to keep you from fulfilling marriage or family responsibilities.
88. Trying to find things to do with her.
89. Being willing to go out or stay home with her.
90. Being polite, courteous and mannerly with her.
91. Refusing to be overly dependent on your parents or friends.
92. Developing mutual friends.
93. Providing adequate hospitalization insurance.
94. Trying to the level of your ability to provide housing and some support for your family in case you should die or become handicapped.
95. Being especially helpful and solicitous when she is not feeling well.
96. Being on time.
97. Going to P.T.A. with her.
98. Letting her sleep in once in a while by getting the children breakfast and, if possible, off to school.
99. Frequently allowing her to have her own way, unless to do so would be sinful.
100. Putting children to bed at night.
101. Being gentle and tender and holding her before and after sexual relations.
102. Not nit-picking and finding fault and giving the impression that you expect her to be perfect.

Prepared by Dr. Wayne Mack