



10 STEPS
— *to gain* —

**HUSBANDLY
LEADERSHIP**



Step 1. You're In Control of Your Happiness

Let me start by asking you a question:

How much have you given up for your wife?

How much of your own happiness have you set aside for the sake of your marriage?

I'm willing to bet that right now you are completely unhappy. Not just with your marriage, but with yourself as a man. You've prioritized your marriage and your wife over yourself.

Now, there's nothing inherently wrong with this, in fact, your wife SHOULD be a higher priority than yourself. But, a good husband cannot be dependent on his wife for his own happiness. You must be happy with YOU, and you must be happy apart from your wife.

Here's the secret...

... Are you ready?

The best and only way to get your wife back is actually to let her go.

Wait a minute. Read that one more time.

Let it sink in. Honestly, for most men it takes several weeks for the true impact of this concept to hit them. You'll know when it does.

And no, I don't mean you need to tell HER that you're letting her go. You don't have to make a big show of how you're going to be happy with or without her. The point is that you tell YOURSELF that you're going to be happy with or without her.

As easy as it sounds on the surface, this is actually a very difficult concept to put into practice.

This isn't about creating distance, it's about creating control. Or rather, it's about understanding what you CAN control, which is one thing...

A Husbandly Leader is in Control of HIMSELF

No matter how hard you try, you can't control your wife. You can't change how she thinks or force her to feel a different way. You can only control you. So, you must let her go to get her back.

This is very difficult to say to you, because I know it sounds totally backwards. I know that you really DO need your wife. You want her back more than anything.

But listen closely:

You need to show her – and yourself – that you DON'T need her if you ever want her to feel like she DOES need you.

The fact of the matter is that your wife does not like it when you're unhappy with yourself.

It's unattractive.

It's a turn off.

And it makes you seem needy.

On the contrary, when your wife sees and feels that you are happy with yourself, she will naturally find you more attractive.

I'm not saying you can't ever be unhappy. Sometimes life gives you lemons, and you don't have the sugar to make lemonade.

But, it's in those bad times that it's even more important for your wife to be able to rely on you to LEAD the way to a happy marriage.

You Don't Have a Choice; You NEED To Be Confident

You can't LEAD if you're unhappy with the man you see in the mirror, or if you feel like you have no control over your future. If you can't even control yourself, how can you possibly hope to control the flow of your marriage?!

In short, when you can't be an effective husbandly leader, then you have to turn back to your wife for self-worth. When you don't lead, your wife has no choice but to lead herself. And that is not how sustainable marriages are made.

It's time to stand on your own two feet. Get to a place where you can look yourself in the mirror and say:

"I will be happy, because I like who I am."

Inevitably as you start regaining self-esteem, your wife will start finding you more and more attractive. And as I will continue to emphasize as long as you stay Inside the Haven, ATTRACTION is what will save your marriage.

Step 2. Be Her Unbreakable Rock

It's one thing to regain your self-esteem... That's what we talked about in the previous step... It's a whole different matter to maintain that self-esteem and self-confidence in the face of pressure from a broken marriage.

Why?

For one simple reason:

Your Wife is Going to Try to Break You

It's unfortunate that things have gotten to this point, but you need to realize that as things stand right now **your wife WANTS to leave the marriage**, and that means she's going to constantly look for reasons to leave. Like a self-fulfilling prophecy.

If your wife can get you to make just a few more mistakes...

If she can get you to give her ANY justification to prove that she's making the right decision in leaving...

That makes it so much easier for her to cope with leaving.

You must be steadfast in your confidence and your leadership so that you do not let her change the way you handle the marriage. You can't let her take away the self-control that you built in the first step to gaining husbandly leadership.

You Are at WAR

And a war isn't won in a day. There will be many battles, and you must win more than you lose.

Your enemy is the way your wife feels about you, and your enemy's secret ally is the way you feel about yourself. Hopefully by now you have taken away that secret ally, but you cannot give it back to the opposition.

Your confidence will either work for you or against you. If you're not smart about it, if you don't anticipate how your wife is thinking right now, then that confidence you built up for yourself can make you fall that much harder.

Instead, here's what you need to do:

Anticipate discouragement.

See these negative things your wife is going to try and do, and plan on them coming.

Brace yourself to weather the storm...

Because here's the thing – even if you do everything PERFECTLY to get your wife back, starting now, there are STILL going to be times where you feel discouraged because of a lack of progress.

That's why self-confidence is so important; you have to make yourself immune to the discouragement that's coming your way, which can only come when you're at peace with the decisions you're making.

So, with that in mind...

Here is your first homework assignment:

HOMEWORK ASSIGNMENT

Part 1

First, every morning when you wake up, spend at least a few minutes in quiet reflection to gain focus for the day ahead. Make sure your feet are squarely planted on

the ground so that you are able to weather any and all discouragement that comes your way.

And there WILL be discouragement. So, plan for it.

You must not let yourself revert to your old ways. Remember what we learned last time – YOU are the only one in control of YOUR happiness.

Part 2

Second, every night before you go to bed, count your blessings.

Reflect back through your day, and think about all the things you did right. Don't worry about the little flukes, or missteps, only focus on the positive.

Count every situation that you handled correctly, and resolve to handle even more situations correctly tomorrow.

(Note: This homework assignment is actually a super simplified version of a really powerful exercise you'll learn about in Manly Marriage Revival called the Marriage Scale... It's the system that I've used to keep my own marriage on track, and I've been able to apply it to my work life too.)

For now, though, just focus on the beginner version outlined here. If you can make it a pattern to practice these tips – focus your thoughts in the morning, reflect on your successes in the evening – then you will find it much easier to prevent the “discouragement snowball” that can quickly undo all of your hard work.

Step 3. Stop the Blame Game

Do you want your marriage back?

Do you want you and your wife to be able to get along happily, just like you did in the good ol' days?

Then it's time to stop the blame game.

I know that right now you feel like you're the only one trying to save your marriage. And heck, you're probably right. Chances are, your wife has checked out, and you feel like you're playing a game of tug-of-war to get her back, except your end of the rope is lathered in grease.

But! Playing the blame will get you nowhere.

**You either want your wife back or you don't.
You either want a happy marriage or you don't.**

Make up your mind, and stick to it. Nothing else matters.

Remember...

YOU'VE MADE MISTAKES

If you hadn't, you wouldn't be where you are right now. If you ever want to move forward in your marriage, you need to recognize your part in where your marriage is at now.

Obviously, this is much easier said than done. It's very easy to point fingers at your wife, to lament that she is not being the type of woman you could spend your life with... At least, not as things stand right now.

But rest assured... Marriage is a two-way street. For all the mistakes your wife has made (or is making), you have made just as many if not more.

Fortunately, there's an up-side to all of this...

Mistakes Only Have as Much Power as YOU Choose to Give Them

If you constantly dwell on the mistakes that your wife has made, if you let her mistakes take your focus off what you really want – a happy marriage with the woman of your dreams – then guess what? You're letting her mistakes have all the power. You're allowing her mistakes to rule the marriage.

Same goes if you're focused on your own mistakes and you're consumed with regret. If you let mistakes consume you, then you've already lost.

And this is really what it all comes down to:

Your mistakes *don't make you a bad husband*, and her mistakes *don't make her a bad wife*.

Mistakes are just part of life, and problems are just part of marriage. All we can do is try to learn from them and move on.

As the leader, it's your responsibility to be her rock. On your wedding day you swore to stand by her through thick and thin, and that means YOU have to be the one that pushes through whatever mistakes have been made in your marriage to accept your wife exactly as she is.

You will not be able to love your wife as a husband should until you can let go of the blame that you feel in your heart right now.

Step 4. Forgive Her. Nothing Clever Here.

Once you've stopped playing the blame game, you effectively put the nail in the coffin of guilt and dissatisfaction through true, genuine forgiveness.

Whatever your wife has done, whatever she will continue to do, you must maintain an open heart, and **you must be willing to forgive unconditionally.**

Remember the very first trait in the 9 Essential Traits of a Good Husband? It was, "a good husband loves his wife unconditionally".

And if you'll recall, I gave you a simple definition of unconditional love:

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

In other words, unconditional forgiveness means that you forgive your wife without expecting her to change. You forgive her for HER benefit, not yours.

That means you already know and plan for your wife to make mistakes.

SHE WILL DO THINGS THAT HURT YOU

...And that hurt your marriage. Even more so in the current situation.

Here's what this means for you:

To unconditionally love your wife the way that a leader-husband must, you have to let go of the pain your wife has caused you, is causing you, and will cause you in the future. Forgiveness means a clean slate; it means keeping the past in the past, and not letting the mistakes you've already forgiven her for affect how you handle the mistakes she'll make in the future.

This takes extreme empathy and humility (not the same thing as submission), and it's much easier to do if you have taken control of your happiness like we talked about in the very first step to gain husbandly leadership.

And remember, forgiveness is NOT something you do for show. It's NOT something you do so that your wife will praise you.

You forgive your wife simply because you love her.

So, don't make a big deal to your wife about your decision to forgive her, and in fact I would recommend against saying anything at all to her about it.

Why?

Because if you feel the need to tell your wife that you've forgiven her so that she'll see what a great husband you are, well, **that probably means you haven't really forgiven her**... You're just trying to make a trade: *"I forgive you, so now you owe me."*

Remember...

Actions Speak Louder Than Words

SHOW your wife that you take responsibility for the problems in your marriage, and that you are capable of moving past the blame game.

SHOW her that you've forgiven her, and that no matter how she has hurt you in the past, you are ready and willing to pursue a joyful and long-lasting future together. True forgiveness doesn't need to be said, at least not for the benefit of the forgiver. True forgiveness speaks for itself.

Step 5. Stick to Your Guns

One of the most important traits of an effective leader is the ability to make decisions. As the husband, you need to be capable of making a firm decision and not waffle back and forth about it.

In other words, **do what you say and say what you do.**

As I said, this is something that I have personally struggled with...

IT'S IN MY NATURE TO BE INDECISIVE

By default, I don't like making tough decisions, and I have a hard time sticking to my guns once I've made them. I'm NOT a naturally gifted decision maker.

Even worse, when pressured to change my mind, it doesn't take much for me to give in.

However, read this carefully:

Indecision is unattractive

Your wife wants you to know what you want.

Confidently saying “yes” or “no” is attractive and let's your wife know you care about the decision being made.

Apathetically saying “I don't know, you pick” is the worst way to initiate a passionate date night.

It took me a very long time and many difficult lessons to fully comprehend this simple truth of husbandly leadership:

You must be able to make clear cut decisions, and you must have the guts to stand by what you decide.

Now, that's *not* to say you shouldn't be sensitive to the needs and wants of your wife... Certainly, you should. But, there is a big difference between consideration and indecision.

HERE'S A QUICK TRICK:

Inevitably, there are going to be times where you're making a decision with your wife and you realize that she actually cares way more about the choices on the table than you do. Maybe it's obvious that there is a choice she really favors over another, but she still wants you to weigh in.

In times like these, it's still okay to defer to your wife... Being the leader doesn't mean that you have to be the one to make every decision. But, it DOES mean that you need to show your wife you CARE about the decisions that matter to her, even if they don't matter as much to you.

Let's go back to the date night example...

Instead of saying, "I don't know, you pick," it's much better to say, "I will trust whatever decision you make." This way, you are still being decisive... You are making a firm decision to NOT be the one to make the decision!

Kinda cool, right? Look at the difference here... One way shows your wife that you're apathetic; the other way shows her that you trust her and care about her opinions.

In the End, It Doesn't Matter Why or How You Do It... You Just Have to Be More Decisive

Remember, **women are biologically attracted to leadership**. And leaders make decisions.

So, starting today, be decisive!

Keep this decision to be decisive always in the back of your mind, and constantly check yourself to make sure you're not falling into old habits.

Yes, it is easy to be indecisive, or apathetic, or apologetic, or whatever mode of lackluster decision-making you naturally lean to. It's HARD to make a decision and stick to it.

Nobody Said Leadership Would Be Easy

Although, honestly, husbandly leadership is more about awareness than skill... As you learn more about what a husbandly leader looks like, you'll naturally find yourself making changes in your behavior.

That being said, let's not underplay what you're doing here... Husbandly leadership is the hardest thing you will ever do, if for no other reason than because of the state of your marriage right now. Maintaining husbandly leadership comes naturally, but regaining it when your wife wants out takes grit, persistence and strength.

Step 6. Think Like a Millionaire

Despite the title, this step actually isn't about financial leadership. That comes later. Instead, it's about your mindset.

Did you know that 95% of the world's millionaires write down their goals on a regular basis?

Why does this trend exist?

It's because having a goal, one that you remind yourself of frequently, is proven to help you reach that goal faster and more effectively.

Successful people visualize where they're going in life, and inevitably that visualization helps them make it a reality.

In other words...

GOALS = SUCCESS

There have been numerous studies showing the effectiveness of written goal setting, and I urge you to take advantage of this powerful psychological tool.

And yes, you can apply this proven principle to your marriage.

Your goals should be divided into at least three categories (although in Manly Marriage Revival I break them down further into six). Those three main categories are:

Short-Term, Long-Term and Lifelong goals.

SHORT-TERM GOALS:

Your Short-Term Goals are the ones that you are focusing on right now. They're the ones you want to achieve within the next 1 – 3 months.

MID-TERM GOALS:

Your Mid-Term Goals are the ones that you will be able to reach by achieving a sequence of short-term goals. Instead of 1 – 3 months, you will reach these goals in 6 to 12 months.

LIFELONG GOALS:

You could also call these your dreams. Your Lifelong Goals are exactly what they sound like. When you are 80 years old, what kind of life do you want to have lived? For example, one of my dreams is to celebrate my wife and I's 50th anniversary someday.

Now It's Your Turn to Create Goals for Your Marriage

I highly recommend you use this simple goal-setting method to set some concrete goals for yourself as a husband and your marriage. So, here are some examples... If you apply these types of goals to your marriage, here's what they might look like:

Short-Term Goal Example: "I will work through the 10 Steps to Gain Husbandly Leadership and create a plan to apply them to my life."

Mid-Term Goal Example: "I will be a confident and attractive leader in thoughts, words and actions. I will be satisfied with the man that I am apart from my wife. I will do whatever it takes to be able to look in the mirror and say 'I am in control, this is my life, and I will like it.'"

Lifelong Goal Example: "I will live out a fulfilling marriage in which both my wife and I find complete joy in our relationship. We will be faithful, loving, and intimate with each other into old age. We will cling to each other through good times and bad, and my wife will never doubt that I am her rock."

Something to note about these goals is that they are all directly under your control except for the last one. **Your Short- and Mid-Term goals should always be things that you have complete control over achieving.**

Your dreams/long-term goals are so far off that just about nothing you could put there will be under your direct control, but that's okay because these goals are meant to be more motivational than anything else.

Obviously, these are just examples. You should write your own. And if you are facing any specific obstacles, such as an affair, pornography, or emotional distance, you can incorporate those into your goals as well.

WRITTEN GOALS GIVE YOU VISION

The point is that goals give you a vision for your future. They give you something concrete to work towards. They are like stepping stones that you have planted yourself, in order to get where you want to go.

Don't just think about your goals, write them down and keep them with you. Reflect on them every single day.

In fact, if you're really serious about meeting your goals, re-write them down every week. This will really and truly cement them in your heart so that your whole self is oriented towards romantic success.

And remember, you can refine your goals as you go. You're only halfway through the 10 Steps to Gain Husbandly Leadership, so I'm sure you will have some new goals on your list by the time we're through. That's okay! You just want to have SOME goals so you can move forward as efficiently as possible.

Step 7. Tuck in Your Shirt

As a man, I know how easy it is to let yourself go.

It always feels like there are more important things you could be doing with your time than putting in extra effort to keep yourself looking good.

By now you understand that the key to saving your marriage is to **make your wife WANT to be with you.**

And for your wife to want to be with you, **she must find you ATTRACTIVE.**

Now, I will be the first to tell you that emotional attraction is MUCH more important than physical attraction, but that doesn't mean that physical attraction is unimportant.

How do you increase your physical attractiveness?

Well, you probably don't have to go out and buy a new wardrobe or anything like that, unless you've been wearing the same clothes since college.

You probably don't need a new haircut unless you're 'doo looks like the filter in my vacuum. These things help, but the most important thing is that...

YOU NEED TO EXERCISE

You don't necessarily have to get an expensive gym membership and you don't have to spend a ton of money on weights. Guys – I'm not rich, I understand that money is tight.

But it doesn't take any extra money to clean up your diet, get outside for a walk everyday (if possible), and start doing bodyweight exercises for 15 to 20 minutes, 4 or 5 times a week. It doesn't have to be super complicated, but the benefits of exercise are HUGE.

Here are 5 great reasons to exercise regularly and clean up your diet:

Reason #1. Your wife will find you more attractive.

This one's pretty obvious right? We all put on some poundage when we get married; just imagine what it will feel like to know your wife thinks you're as attractive as you were when you first met.

Reason #2. Exercise actually makes you happier.

The reason is because when you work out your muscles, it releases endorphins in your brain. These neurochemicals keep you focused, relaxed and happy. Studies show that regular exercise is more effective than medication for fighting disorders such as ADD, bipolar, depression and even schizophrenia, so just imagine what it can do for you.

Reason #3. Exercise makes you feel like a leader.

When you exercise, it makes you feel confident. Plus, we all know we should exercise, so finally actually getting yourself to do it will be one less thing on your mind. And again, looking at the physiology behind exercise, regular exercise is a proven way to boost your testosterone, the hormone that makes men feel manly.

Reason #4. Exercise keeps you disciplined.

If you don't already consider yourself disciplined, maintaining a diet and exercise regimen will teach you how to be. Again, discipline keeps you focused and efficient in how you use your time. It'll be easier to make the tough decisions that will save your marriage, and to stick to your guns once you've made them.

Reason #5. Exercise is one more way to take control.

For many of you reading this, you're facing some pretty tough times in your life. Maybe you're facing separation or coping with infidelity. In times like this, it's easy to lose control and feel like your life is in a downward spiral, as if there's nothing you can do to secure your happiness.

Exercise always helps me keep my emotions in check and look at my life in a big picture kind of way. Exercise teaches you that you ARE in control of your life on a literally physical level.

Write an Exercise Regimen for Yourself (and stick to it!)

I highly recommend you don't just "play it by ear". Develop an exercise regimen and diet plan to follow, and write it down. You can create your own, but there are also some very good programs available out there to make your life easier.

My personal favorites are the regimens from Starting Strength if you have access to a gym, or Convict Conditioning if you're doing bodyweight exercises only. Both courses are great and leave you with a lot of room for growth.

You can also visit various fitness sites around the web for some ideas to create your own from scratch. My personal favorite fitness blog is T-Nation.com.

Whatever you decide to do, the important thing is that you take control of your body just like you're taking control of your marriage and your happiness. Control your body, control yourself, then you can work on getting control of your marriage.

Step 8. Cut Up Your CreDEBT Cards

Did you know that the average American household is over \$200,000 in debt?

Granted, a lot of that is in a mortgage, but even if we just look at credit card debt, the [average indebted American household owes nearly \\$15,000 in credit card debt alone](#).

This is a crisis that cannot be overstated. Debt has the power to cause so many problems in a marriage, and it can be the catalyst for even more problems than just money-related ones.

Unfortunately, there is no easy fix.

I'll be honest – finances are not my area of expertise. I am not an accountant, and I'm certainly not what you would call "rich".

However, I DO have control of my money. I'm not completely out of debt, but our family sticks to a strict monthly budget and and my wife and I are paying off the debt we do have extremely fast.

And, here's an important point, we do not use a credit card... EVER.

Neither should you.

We've Been Told a Dirty, Dirty Lie About Money.

We've been taught that "debt is a tool" when it is in fact a TRAP. Credit card companies have spent hundreds of millions of dollars on marketing to convince you that owing money to someone is actually better than NOT owing money to someone. And guess what? It worked; **as of 2015, Americans owe a jaw-dropping \$890 Billion on credit cards** alone, and **\$11.7 Trillion in total consumer debt.**

When you stand back and think about it, does it make ANY sense that owing money is better than *not* owing money?

I'm sure that if you do the math, then there are probably some numbers you could run that show that debt actually CAN make you money in certain situations. People will say, "But you need debt to get a better credit rating," or, "But don't you realize you can get tax benefits for paying off your mortgage slowly?" or even the classic, "If you use your credit card properly, you can make 1% – 2% on your spending with those sweet, sweet rewards points!"

But I don't really care about any of that, because I'm smart enough to know that I'm NOT smart enough to outwit the super-geniuses behind the lending industry, and so I stick to a pretty simple system that I learned from Dave Ramsey's [Total Money Makeover](#). It can be summed up in five words:

Pay off debt. Save money.

But, no matter what money management strategy you employ, the important thing is that you know enough about money to ensure that your family is provided for.

Today's Husbands MUST Be Able to Manage Money

Or, if you're not the money managing type, you need to have a good accountant to do it for you.

The point is, when push comes to shove, making sure there's enough food on the table is the man's job. This is one of the seven areas of husbandly leadership we talk about in Chapter 6 of Manly Marriage Revival.

Do not underestimate the burden that debt can bring to a marriage...

Debt creates stress, unhappiness, animosity and blame between two people. It is very difficult to have a happy marriage when you have such an unhappy burden looming over your relationship.

Why?

Because men are wired to provide, and women are wired to expect provision. That doesn't mean you necessarily have to be the breadwinner, but it does mean that you should be aware of the money coming in and money going out of your family's bank account.

Part of being an effective leader is taking control of your finances. Whether or not you and your wife have separate financial accounts, whether or not you're the primary breadwinner, it is **your responsibility to ensure that your family is financially secure**. Your wife should trust you to be able to make sure there's food on the table.

Financial Quick Tips From a Non-Expert

As I said, I'm not an expert. But, you don't have to be an expert to take on financial leadership in your relationship.

However, I do highly, highly recommend you pick up a copy of The Total Money Makeover by Dave Ramsey that I mentioned earlier. It WILL change the way you handle money. Seriously, it is hands-down the best personal finance book I have ever read. Furthermore, Dave teaches principles of financial leadership in his book that you can apply to your marriage. It's available for around \$15 on Amazon, including shipping, so check it out.

In the meantime, here are some general best practices to get you started:

1. **First things first, open up a spreadsheet and create a monthly budget for yourself.** In one column, add all of your family's monthly income; in the other column, add all of your family's monthly expenses. Are there any areas you could be saving money? If nothing else, you want to know the following numbers:
 - a. How much are you spending every month?
 - b. How much can you save every month?
 - c. How much debt can you pay off every month? Ideally you want to create a plan to pay off your debt. What is the earliest you can be debt-free?
2. **If at all possible, stop using a credit card** and start paying off more than the minimum payment every month.
3. **Try to identify 2 or 3 areas you can save money**, for example...
 - a. Can you keep the temperature a couple degrees cooler during the winter, or hotter during the summer?
 - b. Ask your bank about upgrading your credit card to a lower interest rate to minimize your monthly bills
 - c. Can you cut down on your monthly entertainment budget?

In the end, remember that getting control of your finances is a project that will take you months, if not years. I don't feel bad going a bit light on the practical advice, since I'm giving you a resource that I KNOW will get you through it. Either way, just remember that you don't need to get rich overnight; you just need to have a clear plan for your money, both now and in the future.

Step 9. Find Pleasure in Her Pleasure

Today is a message of hope.

What does the perfect marriage look like? What kind of relationship should you be striving for?

Understanding this is essential to becoming an attractive husbandly leader.

Popular culture today views marriage as a drag. It is a cage; a commitment to limitation; a boundary; a chain. Getting married means giving up your freedom.

Is it any surprise that divorce rates are the highest that they've ever been? Who would ever want to spend their life in a boring, cold prison?

Nobody.

Luckily, that's not how your marriage has to be.

PERFECT MARRIAGE = PERFECT FREEDOM

A perfect marriage is the definition of freedom. It is a purely beautiful thing.

In the perfect marriage, both you and your wife are working equally towards the others' happiness, thereby creating a matrix of love that is completely fulfilling to you both. Imagine how amazing it would feel to have a wife whose greatest fulfillment came from seeing you happy?

And imagine how your wife would feel if she knew that the one thing that made you happiest was to seeing HER happy? Do you really see her wanting to leave that kind of marriage?

I don't. This kind of mutual love matrix is what lifelong marriages are built on.

In the perfect marriage...

YOUR WIFE IS YOUR FOUNDATION

She's like your rocket fuel. Everything you do is made stronger and better and more fulfilling because of the love and pleasure she provides.

A truly loving wife will unlock your full potential, freeing you to pursue your lifelong aspirations to the greatest extent possible.

Pretty awesome, huh?

The question is, how do you create this kind of marriage?

The answer is...

Pleasure

You find unbridled pleasure in your wife. Not just sexually, but emotionally, mentally and spiritually. Everything about her is your delight. Even her flaws bring you pleasure, because they remind you that you are loved in spite of your own flaws too.

THIS is what the perfect marriage looks like. When you and your wife can maintain this attitude – where you are both equally working to make the other's life better simply because you love them – THAT is how you create a marriage that lasts a lifetime.

Now, I'm not naïve...

I know that you probably aren't at a point where your wife is finding her pleasure in you. But, you can lead the way and start finding pleasure in your wife right now.

Even if you're separated, even if you're on the verge of divorce, even if your wife is involved in an affair, you can STILL enjoy the woman you married by finding pleasure in her happiness. You can still make it your chief satisfaction to make her life better. And no, this doesn't count as begging.

THE DIFFERENCE BETWEEN SUBMISSION & SERVING

Remember in the 9 Essential Traits of a Good Husband, how a good husband never begs?

In Manly Marriage Revival, we spend a lot of time talking about ulterior motives. Basically, the reason that begging is such a turn-off is because deep down, **begging is a purely selfish act**. The reason that you beg your wife is NOT because you love her; it's because you're scared of change; it's because you desperately want control, but you don't have it.

However, when you truly want your wife's life to be better because of the simple fact that she is your wife and you love her, THAT is not begging. THAT is not submission. That is husbandly leadership at its finest!

Again, we'll talk a lot more about this in Manly Marriage Revival, but for now, remember this:

A true leader is able to find pleasure in the success and happiness of his followers.

Similarly, a true husband is able to find pleasure in the success and happiness of his wife.

Should your wife be the only thing that gives you happiness?

No.

Should you RELY on your wife for your happiness?

No. Of course not. Don't you remember Step 1?

But you SHOULD work to get to a point where her happiness really and truly brings you pleasure. This is your end goal, and the sooner you get to it, the sooner the rest of your marriage can catch up.

Step 10. Woo Her Like a Slow Cooker

Pull up a chair, sonny.

Time for us to have “The Talk”.

That’s right, the birds and the bees. There is chirping and buzzing in the air.

Brace yourself, because in this step you’re going to learn how women work.

Let me preface this by saying that I know many of you do not have a sex life to apply these lessons to right now...

Others of you have a very sparse sex life, or an emotionless sex life...

However, no matter what your bedroom situation, you can apply the lessons you’ll learn below to your marriage. If nothing else, you will gain empathy for the gentler sex.

And hey, no matter what your current situation, as you grow into the type of leader that your wife WANTS to be with, as you become more ATTRACTIVE to her, sex will hopefully become more frequent.

So let’s talk about it.

First, let’s start with the basics.

WHAT IS THE PURPOSE OF SEX?

Here’s a question for you:

What is sex? What is its purpose in marriage?

Think about it...

To put it simply, sex is the physical embodiment of the perfect marriage relationship.

Remember what we learned about in the last lesson? You learned that in the perfect marriage, your pleasure is your wife's pleasure, and hers is yours.

Sex is the physical manifestation of that perfect marriage relationship. When you have sex with your wife, your pleasure is literally her pleasure, and her pleasure is literally your pleasure.

But, I'm not just here to tell you that sex is beautiful and pleasurable... You already knew that.

I'm here to tell you about the difference between a man and woman.

MEN ARE BUILT LIKE MICROWAVES

We heat up fast, we finish quickly, and we want our sexual sustenance now.

WOMEN ARE BUILT LIKE SLOW COOKERS

They heat up slowly, they finish slowly, and they have to be turned on for a while before they feel any sexual sustenance.

What does this mean for your marriage and for your sex life?

It means that as the man, **it will always be your job to initiate sex.**

Read that sentence again, *carefully this time.*

I have heard from too many men who are frustrated because their wife never initiates sex. Well, guess what? That's no surprise, because this is just how men and women are built!

Just like in the rest of marriage, it is the man's responsibility to lead in the bedroom. But you can't lead your wife as if she were a man and expect her to find that attractive, pleasurable or fulfilling. You **MUST** treat her as a woman. And women want different things than men, especially when it comes to sex and intimacy.

Generally, us guys feel acceptance through the physical act of sex. In other words, *physical arousal leads to emotional arousal.*

Women are the opposite. Women feel acceptance through the emotional act of sex. *Emotional arousal leads to physical arousal.*

With this comparison in mind, how do you normally approach your wife?

EMOTIONAL AROUSAL VS. PHYSICAL AROUSAL

What exactly is emotional arousal, and how is it different from physical arousal?

Emotional arousal is basically when your wife feels a surge of love for you as a man. It's when she thinks to herself, "I'm so lucky I have this man in my life," or, "I'm so glad this man is my husband." It's like an overwhelming feeling of fondness and appreciation. She gets these feelings when you do things that really make her feel loved and valued.

The question is, how can you create this emotional arousal for your wife **OUTSIDE** of physical intimacy? Honestly, there are countless ways, but here are a couple articles that might help you come up with some for yourself:

- [How to Show Your Wife You Love Her](#)
- [How to Love Your Wife Completely](#)

As for physical arousal, well, you probably don't need me to explain that one since most of us guys are already very familiar with that. Physical arousal is what happens when your wife catches your eye and you want to have her.

Now that you know the difference , let's go back to what we said earlier:

For men, physical arousal leads to emotional arousal.

For women, emotional arousal leads to physical arousal.

Are you considerate of the differences between male and female arousal?

You will find much more success in the bedroom if you take it upon yourself to be your wife's sexual leader, and to appeal to her emotional arousal BEFORE you expect her physical arousal.

Well... That's the last step to gain husbandly leadership! All that's left now is for you to start putting these steps into practice.

Don't worry if you mess up every now and then, nobody's perfect. Leadership certainly has a learning curve. The important thing is that you keep diligently making progress over time.

What Comes Next?

Remember, since you bought 10 Steps to Gain Husbandly Leadership, you can access Manly Marriage Revival at a steep discount for only \$47. [Click here to learn more.](#)