

84 SMALL WAYS TO COMMUNICATE RESPECT



ACCEPTANCE

- Avoid nagging and complaining.
- Refrain from the use of sarcasm when speaking to him.
- Bypass criticism, especially in front of others.
- Respect his likes and dislikes.
- Refrain from comparing him to other men.
- Kindly try to understand his reasons, even when you don't agree.
- Focus on what he is doing right.
- Show an interest in his friend.
- Let him do it his way.
- Ask before moving or throwing away something that belongs to him.
- Meet his co-workers and speak kindly of both him and them.
- Keep your expectations of him reasonable and realistic.
- Talk about your family's goals and how you can achieve them together.
- Make a list of your husband's good qualities. Review it often. Thank God every day for the things on that list.

PRAYER

- Pray for him.
- Pray with him.
- Pray over him when he is going through some tough decisions or stressful situations.
- Share your prayers for him with him.
- Keep a journal of your prayers and/or requests for your husband.
- Ask, "How can I pray for you today?"

AVAILABILITY

- Stop what you are doing and welcome him home with a kiss.
- Give him a kiss as he walks out the door in the morning.
- Carve out time to spend with him apart from the children.
- Meet him at work for lunch.
- Reserve some energy and time for him at the end of the day.
- Get up when he gets up.
- Go to bed when he goes to bed.
- Sit with him while he watches one of his favorite TV shows.
- Do something together that your husband enjoys doing with you.
- Be available to him on the weekend.
- Adjust your schedule. Make time for something he wants to do.

AMBIENCE

- Smile at him.
- Tell him you love him. Speak the words.
- Ask him to identify 3-5 things that "speak" love to him. Then make the effort to speak love through those identifiers.
- Give him a space of his own IN the house.
- Make his favorite meal.
- Provide space and time for him to spend on his hobbies.
- Give him time to unwind after work before bombarding him with home and life issues.
- Be happy and positive when he is home.
- Send an encouraging text or email.
- Give him advance warning of family activities, schedules, and events.
- Show an interest in topics, hobbies, or occupations he enjoys.
- Ask, "What can I do for you today?"

RESPONSE

- Respond to his thoughts and advice with enthusiasm.
- Honor his requests.
- Humbly admit your mistakes.
- Refrain from placing the blame on him when something goes wrong.
- Laugh at his jokes (or at least smile).
- Give him the benefit of the doubt.
- Respond to potentially argumentative conversations with self-control.
- Be patient with him when he makes mistakes.
- Refrain from talking down to him.
- Respond to one of his ideas or suggestions with a hearty, "Yes, let's!"
- Celebrate your husband's successes.
- Keep his secrets.
- Ask for forgiveness.
- Give forgiveness.

ESTEEM



- Stop what you are doing and look at him when he speaks.
- Refrain from interrupting him when he's talking.
- Ask him about his day.
- Look for and affirm his most admirable qualities.
- Talk positively about him to others. Never belittle him in public or private.
- Tell him you admire his body.
- Compliment him often. Start with 4 compliments a day and make them sincere.
- Speak honorably about him and to him in front of your children.
- Abstain from undermining his authority in front of the kids.
- Refrain from belittling him intelligence.
- Ask for his advice.
- Ask him for help.
- Be kind and thoughtful to his parents, siblings, and relatives.
- Tell him what makes you proud to be his wife.
- Spend his hard-earned money wisely.
- Dress in a way that makes him feel he is worth it.
- Ask, "What can I do for you today?"
- Get his input on big decisions.
- Defend him if others speak disrespectfully about him.
- When going to the store, ask, "Is there anything I can get for you while I'm at the store?"
- Remember that your personal actions reflect on him even when you are apart. Don't do anything that would embarrass him.

GRATITUDE

- Thank him for something he has done.
- Let him know that you enjoy your life with him.
- Thank God for him every time you think of him.
- Encourage him in his line of work.
- Thank him for providing for you and your family.
- Write him a love note.

