

3 Simple Things You Can Do To Speak To Your Man's Heart Today!

*By Tina Haisman
Certified Master Life Coach*

Helping Women Create More Happiness in Life and Marriage

With Certified Master Life Coach Tina Haisman



Introduction

Have you ever been in the spot where you feel like you are disconnected from your husband? Like, you're just not jiving right now. Two people living together but on their own paths.

Maybe you want that connection back, but you're not sure how to do it.

Part of why this happens in marriage is that men need to receive love differently than women know how to give it.

For women, we want to feel loved for who we are on the inside.

For men, it is different. They want to be respected for who they are on the outside.

So, if you go around trying to love your husband in the way that you want to be loved, he will not feel that love. And you probably don't understand why. Because you are intentionally loving him. Crazy, right?

This guide will share 3 things you can do TODAY to speak directly to your husband's heart. Consider this guide your action plan for the day. And get ready, because you are about to capture your husband's attention!

Are you ready? Let's go!



Step 1. Text, call or email your husband to express appreciation for something he has recently done.

Did he take out the trash before work today?

Did he pay the bills over the weekend?

Did he help take care of the children?

Did he listen to you when you were complaining about something?

Think on this for a few minutes and find something meaningful.

Even if you think it's something he SHOULD be doing anyway.

For instance, a great thing to thank him for is going to work to support your family.

Seriously. You will melt his heart if you will say, "Thank you for working so hard to support our family. I really respect you for that."



Trust me on this. It will not backfire. It might feel weird to you. I know. It's not normal for us women. We are so centered on love. But men are centered on respect. So when you tell your husband you respect him, he feels how you feel when he says, "I love you."

If you need scripture to back this up, how about Proverbs 25:11 "The right word at the right time is like golden apples in silver jewelry."

O.K. So that was assignment number one. Express Appreciation.

Step 2. Do something nice for him.

Do something for your husband that is out of the ordinary – something you might not normally do. If you know your husband’s love language, that would be helpful here.

For example, if his love language is acts of service, maybe you could do a little service project for him that he would appreciate.

One example in our family is watering the plants outside. My husband loves when someone takes care of that for him.

What might that be at your house? Maybe you could make one of his favorite dinners. Or pack his lunch for the next day. Or pick up his dry cleaning. You know your husband best. Think on this for a moment and pick something you can do today!

If your husband’s love language is gifts, you could buy him something small that you know he has been wanting. Or you could buy him something special at the grocery store that is only for him!

One client of mine bought some beef jerky for her husband and told him she thought he would enjoy it while watching the ball game that night. That spoke volumes to him! Not only was she saying, go ahead and watch the game, and I won’t complain. But she was also trying to make it more enjoyable for him. It was a powerful gesture!

So that is assignment number two. Do something nice for your husband today.



Step 3. Intentionally greet him when he comes home from work.

This one is more difficult than it seems. Because we are so busy as moms. We often allow our husband to come into the home without fanfare after he was gone all day working for us.

A welcome home greeting sends a message of love and respect.

Tonight, when your husband comes home from work, stop what you are doing and greet him with eye contact and a hug or a kiss. Be intentional about welcoming him home.



Make sure the kids come to greet him too! You could even go so far as to have the kids make him a welcome home sign! Wouldn't it be great if you could greet him like this every day?

Ask him about this day, and when he speaks to you, pause what you are doing to actively listen.

For instance, if you are chopping vegetables for dinner, put down the knife. Make eye contact. Listen. If you are washing dishes. Turn off the water and listen. If you are changing a diaper, well, you might want to finish that job! But make an effort to look up while you finish.

Then, during the evening, if your husband starts talking about his day, do not judge what he says. Do not tell him he handled something wrong. This is where a lot of women go wrong.

They think because their husband is sharing these things that they should chime in with their feminine perspective. They think their husband is asking their advice. He is not. He is seeking your respect. He wants you to say you think he handled it well! He wants to impress you with what he did that day.

Even if you disagree with him, withhold your urge to give advice. It's not *your* job – it's his. So, just listen. And when he's done, say something like, "Thank you for sharing that. I love hearing about your day."

This will make him feel very respected, which in turn will help him give you the love you need! Try it! You'll see!

On the other hand, if you say something that makes him feel like you don't respect him, he will not be in a mental position to give you the love you so desire.



This is a situation where less is more!

Do you need scripture to back this up? How about Proverbs 10:19 "Those who talk a lot are likely to sin. But those who control their tongues are wise."

O.K. So this is your plan for today! Give it a try and see how your husband responds.

I would love to challenge you to try this for more than one day. Commit to 7 days! Let me know how it goes!

About Tina

Tina Haisman is a Certified Master Life Coach, specializing in marriage. She helps women create more happiness in life and marriage.

Her mission is to provide you with information, tools and inspiration to invite your husband into a more passionate, loving, fun relationship.



She believes the woman in the marriage holds immense power to impact the overall climate of the marriage. She teaches her clients how to use this power to make their marriages happier for both parties.

She also coaches from experience and what works, not text books or theory. Her clients take heart in the fact that she has been through a crisis in her own relationship and has brought it back to a healthy, happy state.

Tina's approach is different than others, because it does not focus on all of the negatives in the relationship. And it does not focus on everything the spouse is doing wrong. Tina teaches her clients that we can not control our spouse. We can only control ourselves. If we behave like the best version of ourselves, that will naturally invite our spouse into behaving like the best version of himself. It's a simple concept, but it's not easy!

Finally, Tina's spiritual approach also sets her apart from other marriage coaches. She believes that motherhood and marriage are two of the biggest tools God uses to guide us into growing us into our best selves. When we can step back from our problems and see that they are really opportunities to become a better version of us, they don't seem so bad.

My Story

I started my career in public relations. After having my first child, I began freelancing from home so I could have the best of both worlds.



One of my writing assignments was for a parenting magazine. The goal of the article was to show moms how they could get everything done, but still have time and energy for themselves.

As a result of working on that article, I realized I needed a life coach to help me get a handle on my life.

As a result of working with that coach, I learned how to go from barely surviving to majorly thriving. I learned that I was in charge of my own happiness.

And I learned how to live with intention and make the most out of every day.

Things were going really great! But there was a problem brewing that I did not expect. My marriage was broken, and I wasn't aware. Fatefully, my coach was there for me through that, too. She helped keep me sane while my husband and I rescued and rebuilt our marriage.

This deeply profound experience forever changed me, and I knew I had to get certified as a coach so I could start helping other women. So that's what I did. And that's how I got to where I am today.

I would love to support you in your efforts to create a happier marriage. Join me in [The Happy Wives Community](#) on Facebook! Or contact me about my marriage coaching program. Stop by my [website](#) or [email](#) me to learn more.