

The First A: A Series

The first A in the 8 A's that we will be covering is Acceptance.

The primary method in accepting your husband is appreciating and focusing on his finer, positive qualities. Let's begin with a list that is entitled "Strengths, gifts and qualities that I admire about my husband." Write down some strengths that your husband possesses. You don't have to fill this out all at once, but it is wonderful to have on hand as a tool to assist you with this series.

Depending on where you are with your marriage, this beginning may already be tough for you. Resentment can make it difficult to come up with some things to put down on your paper. Even if it's tough, continue to do the assignment. Positive attributes only! Nothing negative, as focusing on negativity will not help you in your marriage.

From now on, whenever you think of a positive attribute, write it down on your list. This list will grow! Just you wait and see how many positive attributes your husband can/will have. Think of this as a lifetime assignment because these positive attributes will be turned into a part of your little love book. Okay, maybe not lifetime but wait until you feel like you have had 1 year of successful marriage time with your husband before retiring the lists.

We are all made up of human strengths and weaknesses. If you focus on the weakness of your husband, it becomes very difficult to have affection for him. When you begin to focus on his strengths, you start to reverse the negative thinking of your husband. At that point, it becomes quite easy to find the positive attributes that you are proud of. It will rekindle the reasons why you married him to begin with. With all the focus on your husband, the dark side is no longer in the front of your thoughts of your husband.

Wives know that their husbands are part strengths and part weakness; however, many have a hard time accepting their husband's imperfection. When their husbands show their deficiencies after marriage, the wives are completely baffled and feel as though they have been tricked.

Husbands can reveal negative tendencies in various areas of their lives. According to *Fascinating Womanhood* written by Helen Andelin, it can be in the areas of personal habits, how he spends his time, duties, social behavior, desires and dreams manly qualities, money, connection with children, or even spirituality. You may begin to ask yourself, "Do I have to put up with this for the rest of my life?" Don't allow the weaknesses of her husband determine the lens through which you view your husband. This is how some women overlook good men and great qualities in their spouse.

Men can generally overlook a woman's faults. You, too, are not perfect. Husbands are generally accepting of their wife's fault just if it doesn't cause server turmoil to his existence and as long as he is getting regular sex from his wife. Women can feel the personal need to change their husbands and try to mold their man into what they want him to be.

Women can sometimes have such unrealistic expectations of a partner. Television has conditioned most of us into accepting nothing beneath the standards of prince charming and that an average man with his own set of faults is despicable. You can't expect your husbands to overlook your faults, but not want to do the same for your husband. That isn't fair.

This is the reason why the first list I shared is so important. This list will remind you of the strengths of your husband. Read your list, daily, as apart of your morning routine. Choosing to focus on your husband's positive qualities will allow you to view him primarily from his positive perspective.

It's no secret husbands can procrastinate, are critical, selfish, inconsiderate, not romantic, guarded, don't spend enough time with children, needy, whiney, burps at the table, doesn't give enough quality time and the list goes on. Although men will risk their lives going into burning fires and serving their country, their heroic nature is often overlooked by the weaknesses they may possess.

Men have built-in capabilities to provide and protect for their family, but that quality is dismissed because of the disappointment that a wife can feel over her husband's faults. The best environment for husbands to live in where they can grow is one in which their tanks are full of the eight A's. I will be sharing each of the A with you in a series of posts. Being whining and critical of your husband is the least productive environment for him to grow as a man. Don't demand that your husband be unflawed. Accepting your husband for who he is the perfect beginning to the eight A's to deposit into your husband.

There is another list that I want you to keep. This list will be list number 2 entitled, " Things other husbands do wrong." This list is going to allow you to appreciate your husband and the things that he doesn't do. For example, " He's not in jail; he's not on drugs; he's not physically abusive; he doesn't steal, etc." This list is not to out down other men but to show you that all husbands are not perfect. Some men are better with the children but may not be as exciting to spend time with. Some men handle money management but may deal with a huge ego. No husband has it all together. Continue to read the lists that you put together to assist you in your journey.

Give and love without expectations as that is the nature of genuine love. Don't you love your children this way? It may take some time to grasp that lesson but working at it will always bring out the best for both husband and wife.

Many woman think their husbands belong to them to manipulate, coach and maneuver. If I can break down what men and women want in a marriage it will look something like this:

Women: want their husbands to share their thoughts and feelings, verbal affirmation, nonsexual affection, gifts and meaningful communication.

Men: want to relax in the marriage, enjoy your companion, security that he can be himself, doesn't want a wife who is disappointed with them.

Women are wired to focus on nurturing and growing relationships. Men are created to focus, to exert energy and conquer their work. Demanding that a husband strongly desire emotional intimacy is wishing

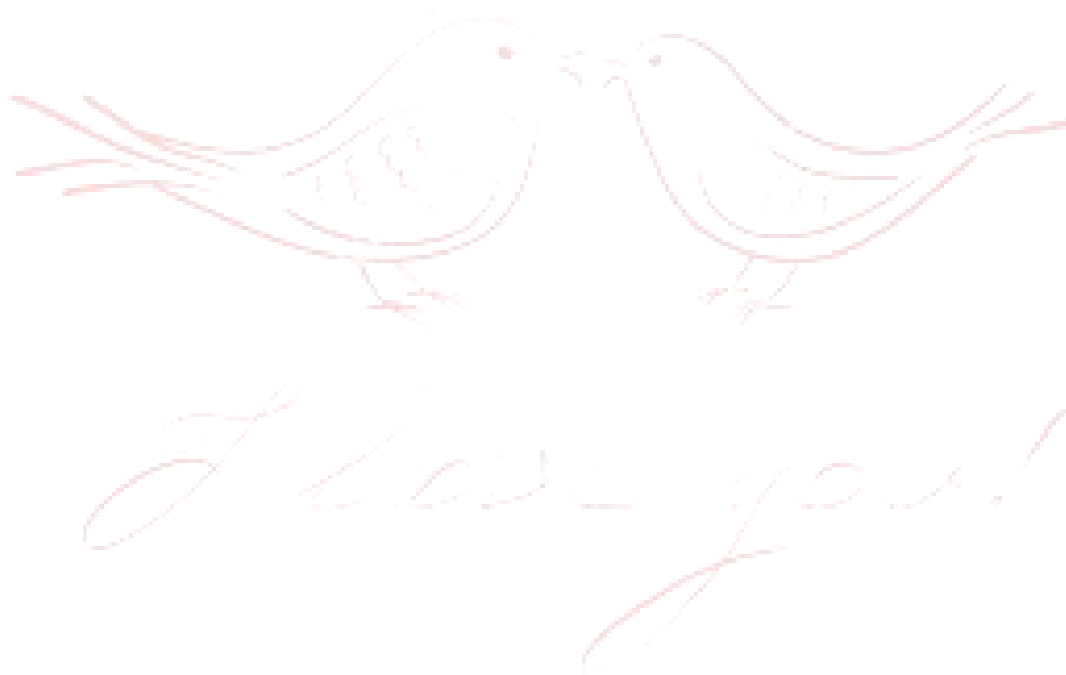
he was a woman. Here me out on this. It is not in his innate instinct to nurture the way a woman nurture. A feminine woman may show love through cooking, but a husband will show love through providing and being sexually faithful to his wife. In other posts, we will learn how to encourage this intimacy but first, lets step back and have a mind of understanding before moving forward.

This first lesson is going to be a task. Try to rise above the self-pity of “ what about me?” “This isn’t fair.” The lists allow for the mind of the wife to be renewed and pushed to think differently about her husband.

Nothing happens overnight but with this first lesson. It’s just a start. Get to writing!

Do not complete all assignments in one sitting. Add little by little through the series.

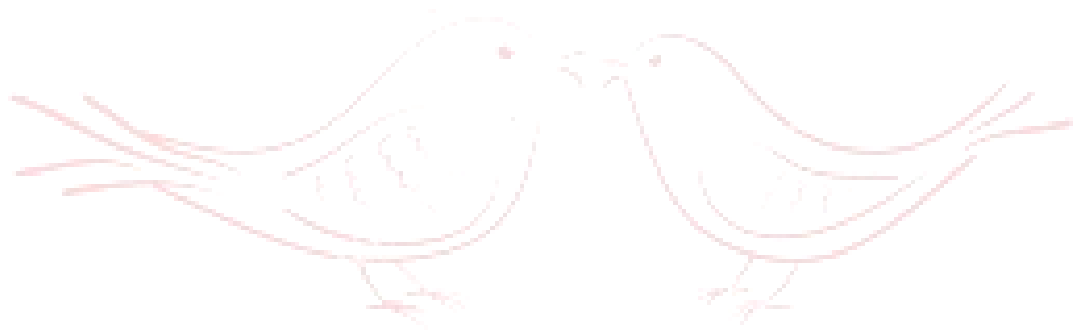
Enjoy!



- Exercise and text have been adopted and/or taken from Fascinating Womanhood and Julie Garden to convey this simple message.

Strengths, gifts and qualities that I admire about my husband

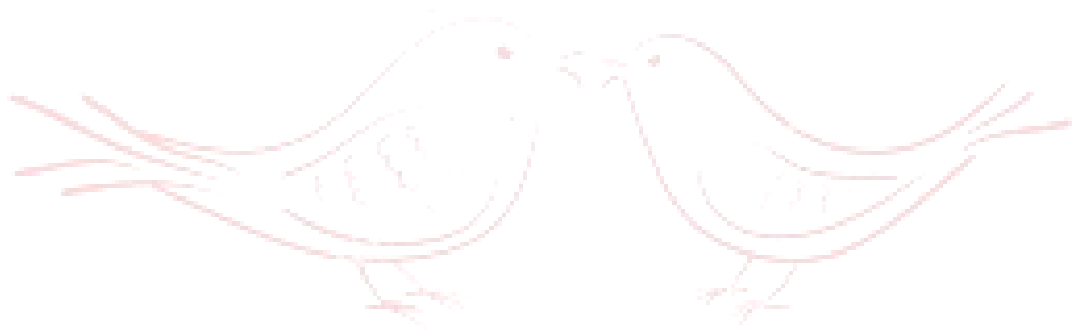
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Love you!

Things other husbands do wrong

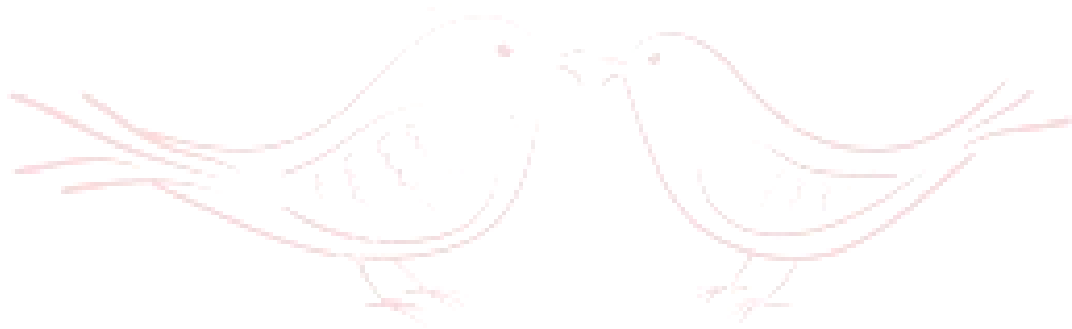
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Flawless!

Unmet Expectations of my husband

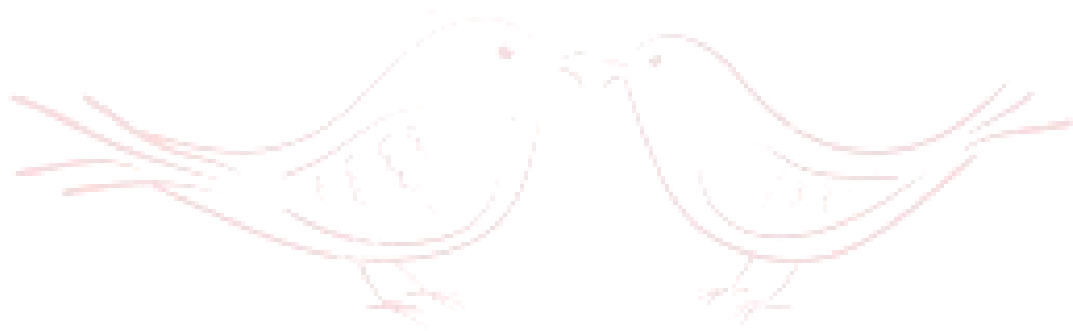
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Nice Things My Husband Says or Does

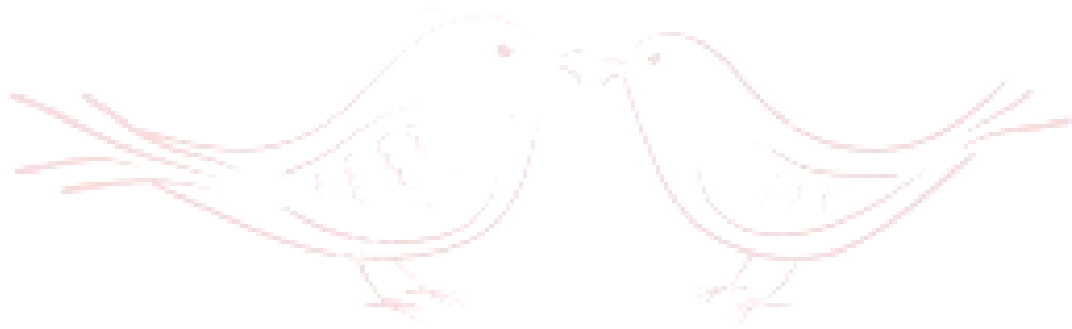
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Things my husband might find difficult to accept in me

Make a list numbers 1-50



Flawless!