

Spouse Driving You Insane?

Although men and women are equal, with neither gender being superior, they ARE different. These differences can drive you mad!!

Women and men require *different* things to be happy in a relationship.

BASIC DIFFERENCES

Biological differences...

The human brain has two sides: the left side (logical), and the right side (emotional).

Women tend to use *both* sides of the brain at the same time, while *men* mostly use one side at a time. Is one better than the other? No! So what's the point? In general, this creates significant differences in how men and women communicate and express emotions.

So should your goal be to "train" your partner to think, feel, communicate and express themselves just like you? Not if you want to be happy.

Consider these differences to be puzzle pieces that complete the relationship. Embrace the richness of your differences; just be there for each other.

Emotional differences...

Women are generally more expressive with their emotions than men.

Women enjoy receiving emotionally rich information from their loved ones, or about situations, whereas *men* tend to feel overwhelmed by strong expressions of emotions.

Men and women communicate differently...

Women tend to ask questions and seek clarification more readily and are likelier to discuss the emotional/relational side of the scenario. *Men* tend to be preoccupied with finding solutions, causing them to withdraw into their minds.

Men don't want to talk...and *women* want to keep talking - these communication differences can be a real challenge for a marriage.

Husbands: Give your wife the gift of listening and just being there for her because she's seeking intimacy through conversation. If she wants your advice, she'll ask for it.

Wives: Give your husband the gift of space where he can retreat into his mind and think things through and process stuff. Let him talk about it when he feels prepared to make a meaningful contribution to the conversation.

Differences in multi-tasking

In general, *women* tend to multi-task. And when facing a situation, they will consider the emotional, relational, spiritual, and logical aspects all at the same time.

Women are typically very good at seeing the *details* - but they can become lost or stuck in the details because of their 360 degree way of looking at things.

In general, *men* tend to take a linear, logical approach. Men are typically very good at seeing the big picture - but can become lost or stuck in how to make it happen because they don't see all the details and what needs to be done to make it a reality. Hmmm. Seems both perspectives are required to complete the picture/process (#somethingtothinkabout).

Men and women perceive achievements differently...

Men are strongly motivated by achievement and success. A husband's success/failure at work affects how he behaves at home. *Women* consider achievement, productivity and success to be important too, but tend to place a higher value on the relational side of things.

Here's the deal, though, just because science has "exposed" these differences doesn't mean they exist within YOUR marriage because everybody is different and unique.

Want a happy marriage? Want a spouse that DOESN'T drive you insane? (did I just hear you say, "Yes, please"?) Then choose to let your differences unify you instead of dividing you.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!