

Romancing Husbands 101

Modern romance is complicated. Roles and rules are changing. And people are afraid of saying or doing something that might be taken the wrong way. To complicate matters even further, men often get the short end of the stick when it comes to romance.

So, let's talk about men and romance... I'm not sure why, but most people seem to think that men don't care much at all about romance, but nothing could be further from the truth. Not only do men enjoy romance, they desire to be romanced. It's commonly thought that men define romance differently than women - that to them, romance is merely about physical intimacy. While there might be some truth to that cliché, men enjoy romantic dinners, getaways, flowers, notes, gifts and other romantic gestures.

A word about sexual intimacy... Regarding physical intimacy, oxytocin, also known as the love hormone, is released by the pituitary gland during sex in the brains of men and women. It's believed oxytocin plays a role in relationship bonding. So sex is mutually beneficial for the husband and wife and isn't something that only affects females. Therefore, it's only natural for married couples to seek physical intimacy because of the oxytocin connection, which makes them feel closer and more deeply "in love".

A common myth... The idea that men are primarily interested in sexual intimacy versus emotional intimacy is not true. Men crave emotional intimacy. Men desire emotional intimacy. A husband wants to have a fulfilling relationship with his wife.
*** But for a man, a lack of physical intimacy is a clear signal from his wife that she is not interested in experiencing emotional intimacy with him. This might not be the message that wives intend to send, but it's a common interpretation by husbands.

Ways to romance a husband...

Affirmation – Men enjoy being affirmed (so do women).

There is NOTHING a husband (an emotionally healthy husband) wants more than to make his wife happy and take care of his family. A man loves being recognized for his efforts on behalf of his family because it's his way of saying that he loves them.

Many men demonstrate their love through loving actions; service is a language of love. When a wife acknowledges what her husband is doing for her and the family, it's an affirmation to the husband that she understands what he is doing and trying to say, and is gladly receiving his expressions of love.

It's not easy for some people to say "I love you" because it makes them feel vulnerable, so they say it through loving acts of service.

So, one or two compliments from a wife to her husband can make him feel like he can conquer the world!

However, a wife who quickly expresses in passing, as if it were an unimportant after thought, her appreciation for her husband, while thoughtful, it isn't very romantic. She should gaze into his eyes and say it like she means it from the bottom of her heart.

Although a verbal compliment will make a husband feel appreciated, a small gift from time to time really sends the message home because it, too is love in action.

Respect – Men have a deep need to be respected, especially by their wives.

Respect involves honoring and showing appreciation for what the husband does to meet his wife's needs and the needs of the family.

It's easy to show respect.

A wife can praise her husband in front of their friends; she can brag on him in front of the kids. It can be as simple as running a hot bath or offering to massage his shoulders after a really hard day at work. Give him the royal treatment (not that kind) every now and then to demonstrate how much his hard work and love are appreciated.

Alone Time – Everyone needs time alone for a little R&R.

If a husband wants to watch the big game, instead of making him feel guilty about it, maybe his wife could get him tickets instead. Gifts like this (it doesn't have to be tickets) demonstrate that a wife cares about her husband's happiness.

It's really simple, actually. A happy husband, plus a happy wife, equal a happy marriage.

Men need romance just as much as women, and the good news is that they are pretty easy to please.

If you are a wife and are reading this week's tip, what are some romantic things you can do to demonstrate your love and appreciation for the man of your dreams?

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