

Recognize and Value Those In Our Lives

PURPOSE

The purpose of this presentation is to inform and remind the engaged couples that beside the obvious difference between men and women, there are many other differences that if not understood, realized, and talked about, could lead their marriage down a very rocky road.

We will talk about physical and emotional differences between men and women and the presenters are asked to interject person examples of your own relationship throughout this presentation.

OUTLINE

One of the major reasons a lot of marriages and relationships succeed or fail is how the people in the relationship deal with their differences.

The majority of marital problems center around the fact that men and women are totally different. The physical, emotional and mental differences between the sexes are so extreme that without a concentrated effort to understand and appreciate them, it is nearly impossible to have a happy marriage. It would probably be easier to change the direction of a tornado or to make it snow in August. Most of us do not make a concentrated effort to understand and appreciate our differences.

Some of the most common differences between men and women are:

Women tend to have 20% of their body weight as muscle.

Men tend to have 40 % of their body weight as muscle.

Women tend to be more sensitive to sight and sound.

Men tend to be competitive and more interested in facts and information and less aware of relational needs.

Women tend to be bilateral in their thinking which means they access both sides of their brain simultaneously, but they tend to favor the right side of the brain where feeling nurturing, relational part of life operates, and they tend to be relationship motivated and oriented.

Men tend to be lateral in their thinking, which means they tend to favor one side of the brain at a time and generally it is the left side where language and logic operate and they tend to be conquer oriented.

In any relationship perhaps the most important difference between men and women is in the area of meaningful communication. What does meaningful communication mean to me?

Studies show that little girls talk more than do little boys, and that fact continues throughout life.

Women tend to relate to others on a more personal level.

Men tend to be more challenge and conquer oriented.

The average woman has a hard time watching any sporting event because she doesn't know any of the players. What the man needs to do is to introduce the players to his wife through articles in Sports Illustrated or in the paper. If a woman gets to know something about one of the players it will be easier for her to watch sports on TV because she feels a relational closeness because she knows something about the player or players.

The average man when driving on vacation wants to conquer at least 400 miles a day. It is hard for him to stop because all the cars that he has passed are now passing him. Being conquer oriented is one reason some men change after marriage. They feel that they have conquered the relationship and now they will begin to work on something else. They tend to stop doing a lot of the things that they did before the wedding like, sending flowers, cards, and opening the doors.

Women find much of their identity through their relationships.

Men usually find their identity through their accomplishments.

Women feel that everything is a part of them. Most women will not be able to leave the house if the dishes are not done or if the beds are not made. If the fence in the back yard is broken they will bug their husband until he fixes it, because they see this broken fence as a part of them that is broken.

Most men do not feel that way. They will get around to fixing the fence, but it may not be quick enough for the woman. Men tend to get their identity from their work. They feel good when they accomplish something. They see their home as a resting place.

Women are usually much more in touch with their emotions.

Men are primarily concerned with the "FACTS!"

The average woman can remember what her husband did to her ten years ago and she can even tell him what he was wearing when he did it. The reason they can do this is that they experience things on both sides of their brain.

If they have a child living away from home and the child calls home, the father will talk for a short period of time, asking how they are and what is going on in their lives. When all the facts have been discussed the average man is ready to end the conversation because it is hard for men to carry on a conversation when they run out of facts or if they don't know where the conversation is going.

The woman will get on the phone and ask how school is going, what color is their room, how they like their job, what kind of grades they are getting and so on. Relational type questions are asked by the woman.

The average woman speaks about 25,000 words a day.

The average man speaks around 12,500 words a day.

Can you understand the implication of what this means? The man comes home in the evening and he has already spoken his 12,500 words for the day and his wife is half way to her 25,000 and what does she want to do TALK! As long as they discuss facts the man can keep up with her, but once the facts are over, so is the conversation.

What does all of this mean? Men and women are so different that the only way to have a successful marriage or relationship is to communicate. Never stop communicating, even though you may have spoken your 12,500 words and all the facts have been discussed.

HUSBAND

Men need to recognize the tremendous worth of a woman.

It is easier for most women to tap into their "right brain" than a man. This is the side of the brain where the skills of having an intimate relationship reside. It is the side that harbors the center for feelings, as well as the primary relational, language and communication skills. It enables the woman to specialize in fine detail work, sparks their imagination and intuition and adds an appreciation for fine art. It is the side of the brain that stops, on purpose, at roadside rest and historical markers, and would rather read People magazine than Popular Mechanics, because it's more relational.

WIFE

By nature most men are "left brain" oriented and therefore less relational oriented. The left brain houses more of the logical analytical, factual and aggressive centers of thought. It's the side of the brain most men reserve for the majority of their waking hours. The left brain side speeds by historical markers, and enjoys conquering 400 miles a day on a family vacation trip. They favor mathematical formulas over romance books. This is where they store their dictionary definition of love, but not necessarily the feelings of love. They generally favor black and white, fact oriented, tangible thinking. It's the side of the man's brain that can't wait to buy the latest copy of some how-to magazine for the latest fix-it technique, they can memorize batting averages and box scores, and they love to set for hours and scream in front of the TV during a football game.

HUSBAND

Women have two incredible important capacities because of the special way they are created. First, they have an intuitive desire to build a meaningful relationship with those in their lives. They also have the capacity to recognize a healthy and intimate relationships. This means that a woman carries inside her a built in marriage manual. Within a woman is her sense of what it takes to have a quality relationship. Most women are not only more in touch with their emotions than the average man, they are also more in tune with nonverbal communications.

The key for men and women is to recognize their uniqueness. Because we are created unique and different, we need each other in order to grow towards maturity and balance.

WIFE

A man's "left brain" tendencies can give him important contribution to a marriage. For example a man's competitive nature, when turned towards gaining a successful relationship, can cause dramatic growth in a marriage. Once the knowledge and skills of a good relationship are in sight, he can go after them like conquering a project at work.

Decision making is one aspect of left brain thinking that can actually aid a marriage relationship. Once a man can see the advantages in making a choice, he can often commit himself regardless of his feelings.

Most men need three things from a woman:

1. A man needs companionship - he needs a wife that can share some type of recreational hobby with him. Pick something that as a woman you can share with him.
2. A man needs to be admired for something he does well - Many men will do almost anything to gain the admiration of others. They will search for someone to love and respect them. Just remember that no husband will make a perfect decision or be without fault.
3. A man needs to know his advice is valuable - assure him that you are willing to listen to him.

CLOSING:

If we were to ask each one of you on a scale of one to ten, with ten being the highest and one being the lowest, where would you like your relationship to be? Most of us would say we would want it around a 10.

With so many difference between men and women it would be almost impossible to have a relationship anywhere near a 10. To get it to a 10 requires communication, determination and a lot of hard work.

Reflection Questions for Couple Sharing Recognize and Value Those In Our Lives

There are three questions any man or woman can ask the person that they are in a relationship with that will help them make their relationship more meaningful. Please answer them at this time.

1. On a scale of one - ten, with one being the lowest and ten being the highest, where would I like our relationship to be? Place an "X" on the line below

1 2 3 4 5 6 7 8 9 10

2. On a scale of one (1) - ten (10), with one (1) being the lowest and ten (10) being the highest, where is our relationship today? Place an "X" on the line below.

1 2 3 4 5 6 7 8 9 10

3. What could **"I"** do to bring our relationship closer to where I would like it to be?

Questions that could help make your relationship a "10"!

1. Would spending more time together help our relationship to be a "10"? _____

2. How much time do I feel is needed and what would be the best use of this time? _____

3. What time of day would be best for us to spend time together talking? _____
4. Would more conversation help our relationship? _____
5. What do I consider "meaningful" conversation? _____

6. What have I done in the past that might have ruined times of meaningful conversations? _____

7. Are there any positive things I have done to make our conversation time a "10" fo you?

8. How am I doing in the area of meaningful touch? _____

9. What could I do to make it a "10" to you? _____

10. How am I doing in my verbal commitments? _____

11. How can I make our arguments more of a loving discussion? _____

12. What are some of your needs that I am doing less than I could to help you grow as a person?

13. What would be a "10" evening out together if we had a "date night?" _____

14. What could I do to ruin that "10" evening? _____

15. What are some ways I could communicate more effectively? _____

16. What are the ways that I could understand what you go through when you're hurting? _____

17. What would be a "10" in the way that we make decisions together? _____

18. What makes you fearful of me? _____

19. What is the best part of our relationship? _____

20. What would you change about me if you could? _____

Remember: Non-verbal communications is the most powerful part of any message we communicate. Tone of voice, eye contact, facial expressions, show of interest, sincere desire and patience with my answers.