

Guilt Toward Wives

Listed below are some of the offenses which husbands typically commit toward their wives. Check any of these that apply to you.

- 1. Ignoring her.
- 2. Not valuing her opinions.
- 3. Showing more attention to other people than her.
- 4. Not listening to her or not understanding what she feels is important.
- 5. Closing her out by not talking or listening to her (the silent treatment).
- 6. Being easily distracted when she's trying to talk.
- 7. Not scheduling special time to be with her.
- 8. Not being open to talk about things that you do not understand.
- 9. Not being open to talk about things that she does not understand.
- 10. Not giving her a chance to voice her opinion on decisions that affect the whole family.
- 11. Punishing her by being angry or silent.
- 12. Making jokes about areas of her life.
- 13. Making sarcastic statements about her.
- 14. Insulting her in front of others.
- 15. Coming back with quick responses when arguing.
- 16. Giving harsh admonitions.
- 17. Using careless words before you think through how they will affect her.
- 18. Nagging her in harshness.
- 19. Scolding her before giving her a chance to explain a situation.
- 20. Raising your voice at her.
- 21. Making critical comments with seem to have no logical basis.
- 22. Swearing or using foul language in her presence.
- 23. Correcting her in public.
- 24. Being tactless when pointing out her weakness' or blind spots.
- 25. Reminding her angrily that you warned her not to do something.
- 26. Having disgusted or judgemental attitudes in general.
- 27. Pressuring her when she is already feeling low or offended.

- 28. Lecturing her when she needs to be comforted, encouraged, or treated gently.
- 29. Breaking promises without any explanation or without being asked to be released from the promise.
- 30. Telling her how wonderful other women are and comparing her to other women.
- 31. Holding resentment about something she did and tried to make right.
- 32. Being disrespectful to her family and relatives.
- 33. Coercing her into an argument.
- 34. Correcting or punishing her in anger for something for which she's not guilty.
- 35. Not praising her for something she did well, even if she did it for you.
- 36. Treating her like a little child.
- 37. Being rude to her or to in public.
- 38. Being unaware of her needs.
- 39. Being ungrateful.
- 40. Not trusting her.
- 41. Not approving of what she does or how she does it.
- 42. Not being interested in her own personal growth.
- 43. Being inconsistent or having double standards (doing things you won't allow her to do).
- 44. Not giving her advice when she really needs it and asks for it.
- 45. Not telling her that you love her.
- 46. Having prideful and arrogant attitudes in general.
- 47. Not giving daily encouragement.
- 48. Failing to include her in a conversation when you are with other people.
- 49. Becoming unaware of her when out with other people.
- 50. "Talking her down"--continuing to discuss or argue a point just to prove you're right.
- 51. Ignoring her around the house as if she weren't a member of the family.
- 52. Not taking time to listen to what she believes is important at the end of a day.
- 53. Ignoring her at social gatherings.

- 54. Not attending church as a family.
- 55. Failure to express honestly to her what your innermost feelings are.
- 56. Showing more excitement for work and other activities than for her.
- 57. Being impolite at mealtime.
- 58. Having sloppy manners around the house.
- 59. Not inviting her out on special romantic dates from time to time (just the two of you).
- 60. Not helping her with the children just before mealtimes, at mealtimes, or during times of extra stress.
- 61. Not volunteering to help her with the dishes occasionally--or with cleaning the house.
- 62. Making her feel stupid when she shares an idea about your work or decisions that need to be made.
- 63. Making her feel unworthy for desiring certain furniture or insurance or other material needs for herself and the family.
- 64. Not being consistent with the children; not taking an interest in playing with them and spending quality and quantity time with them.
- 65. Not showing public affection for her, like holding her hand or putting your arm around her (you seem to be embarrassed to be with her).
- 66. Not sharing your life with her, like your ideas or your feelings (e.g., what's going on at work).
- 67. Not being the spiritual leader of the home.
- 68. Insisting that she submit to you.
- 69. Insisting that she be involved with you physically when you are not in harmony.
- 70. Being unwilling to admit you were wrong.
- 71. Resisting whenever she shares one of your "blind spots."
- 72. Being too busy with work and activities.
- 73. Not showing compassion and understanding for her and the children when there is real need.
- 74. Not planning for the future, making her very insecure.
- 75. Being stingy with money, making her feel like she has to beg for every penny.

- 76. Wanting to do things that embarrass her sexually.
- 77. Reading sexual magazines or watching explicit movies.
- 78. Forcing her to make many of the decisions regarding the checkbook and bills.
- 79. Forcing her to handle bill collectors and overdue bills.
- 80. Not letting her lean on your strength and stability.
- 81. Not allowing her to fail---always feeling like you have to lecture her.
- 82. Refusing to recognize her uniqueness as a woman.
- 83. Criticizing her womanly characteristics or sensitivity as being weak.
- 84. Spending too much money and getting the family too far into debt.
- 85. Not having a sense of humor and not joking about things together.
- 86. Not telling her how important she is to you.
- 87. Not sending her special love letters or notes from time to time.
- 88. Forgetting special dates like anniversaries and birthdays.
- 89. Not defending her when somebody else is criticizing or tearing her down (especially if it's one of your relatives or friends).
- 90. Not putting your arm around her and hugging her when she's in need of comfort.
- 91. Not bragging to other people about her.
- 92. Being dishonest.
- 93. Discouraging her for trying to better herself, either through education or physical fitness.
- 94. Continuing distasteful or harmful habits.
- 95. Not treating her as if "Handle With Care" were stamped on her forehead.
- 96. Ignoring her relatives and the people who are important to her.
- 97. Taking her for granted, assuming that "a woman's work is never done".
- 98. Not including her in future plans until the last minute.
- 99. Not doing little unexpected things for her.
- 100. Not treating her like an intellectual equal.
- 101. Looking at her as a weaker individual in general.
- 102. Being preoccupied with your own goals and needs, making her feel like she and the children don't count.

- 103. Threatening never to let her do something again because she made some mistake in the past.
- 104. Criticizing her behind her back. (This is really painful for her if she hears about your criticism from someone else.)
- 105. Blaming her for things in your relationship that are clearly your failure.
- 106. Not being aware of her physical limitations, treating her like a man by roughhousing with her or making her carry heavy objects.
- 107. Losing patience or getting angry with her when she can't keep up with your schedule or physical stamina.
- 108. Acting like you're a martyr if you go along with her opinions.
- 109. Sulking when she challenges your comments.
- 110. Joining too many organizations which exclude her.
- 111. Failing to repair items around the house.
- 112. Watching too much TV and therefore neglecting family time.
- 113. Demanding that she sit and listen to your point of view when she needs to be doing other things.
- 114. Insisting on lecturing her in order to convey what you believe are important points.
- 115. Humiliating her with words and actions, saying things like "I can't stand living in a messy house."
- 116. Not taking the time to prepare her to enjoy sexual intimacy.
- 117. Spending money without being faithful in giving to God
- 118. Avoiding family activities that the children enjoy.
- 119. Taking vacations that are primarily for your own enjoyment.
- 120. Not letting her get away from the children just to be with friends, go shopping for special items, or have a weekends away with her friends.
- 121. Being unwilling to join her in the things she enjoys doing that you may have no interest in.
- 122. Not understanding the challenging chores a housewife does: like picking up clothes and toys all day long, wiping runny noses, putting on and taking off shoes, socks, and jackets; washing and ironing, etc., etc.