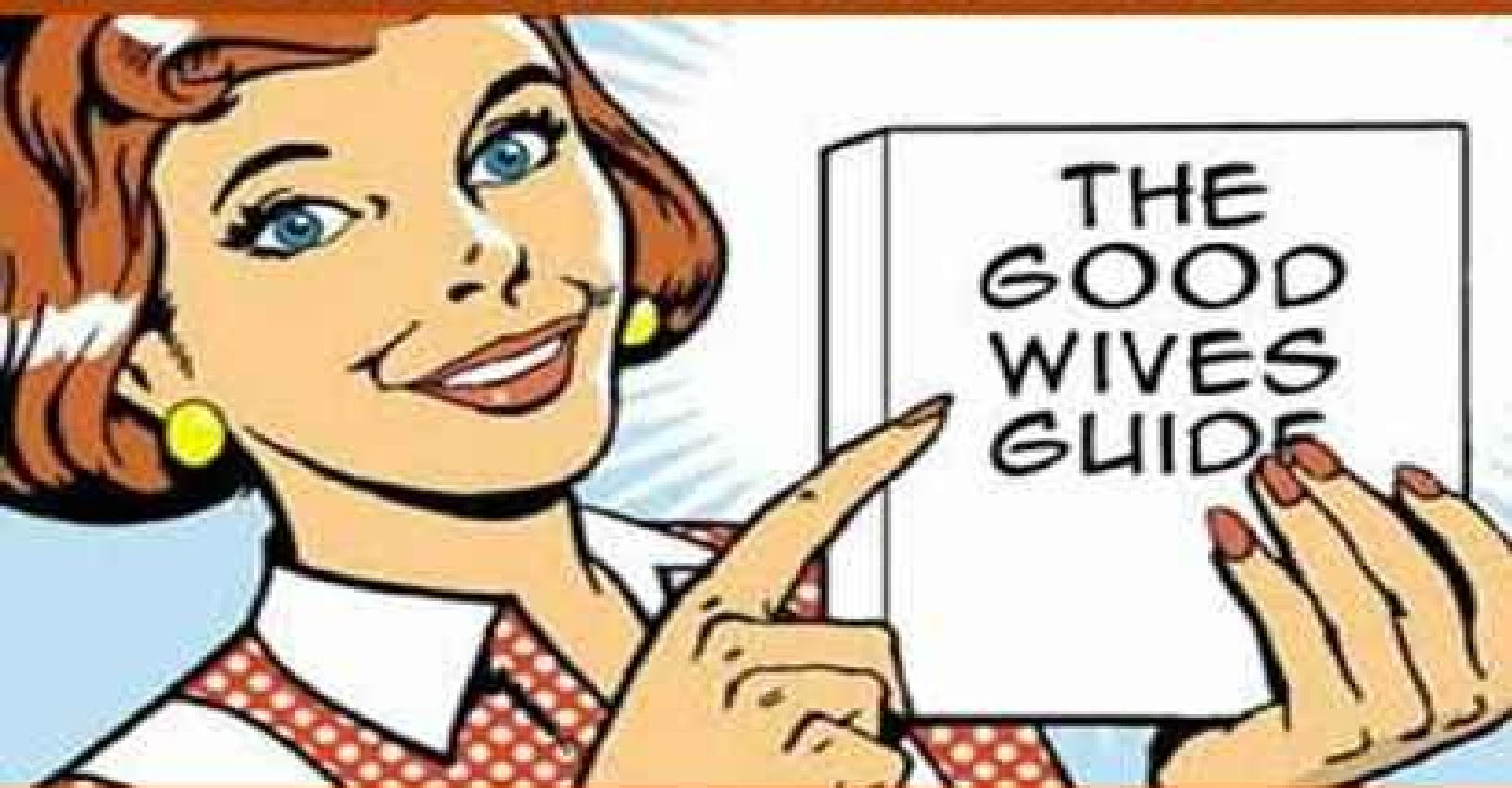


# HOW TO BE A GOOD WIFE

What Every Bride Must Know To  
Be A Good Wife And Have  
A Great Marriage



John McQuilkin

# **How To Be A Good Wife**

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# Introduction

The definition of a good wife has been changing with the times for generations. While doing research for this book, it was almost unbelievable to see very similar genres with things written in them such as '*be a good maid*' or '*always look good*'. Well, let me begin with this: This book was not written in 1930.

I want to thank you and congratulate you for downloading my book, "*How To Be A Good Wife*".

This book contains proven steps and strategies on how to prepare and adjust to the life of a modern married woman where the center of your life is no longer attending to your husbands every whim and call but making sure that there is a sense of equality in your relationship through the methods of connection used not just between a husband and a wife, but between all people.

Providing that the connection made remains on a somewhat higher level as compared to other people that you may interact with but still with that intimacy that all husbands and wives need in their relationship.

In recent times, women and men have had a greater sense of gender equality wherein one or the other can do something without having to adhere to stereotypical nonsense.

This book focuses on the broad aspects of the relationship connection such as communication, compromise, and respect based on the type of husband and relationship you may have rather than the typical stereotypes usually mentioned when this question is asked which might include cooking, cleaning and such.

Thanks again for downloading this book, I hope you enjoy it!

# Chapter 1

## Husband Types

The first step in knowing how to get around any relationship is first understanding and knowing who you are getting into a relationship with. As a bride to be or a newly married woman who has yet to experience living with this man for an extended period of time, you may only have a small idea of what type of husband your man may be but you can examine that small inkling of an idea to better determine and place him through this chapter.

As for women who have been living with their man prior to marriage, you will be able to determine his type much easier since having lived with him you will know him better.

### The Provider:

The provider is the typical working man who will stop at nothing to provide for his family. The provider will not only be able to give his wife and his children the essentials of daily life but will also be able to offer them everything they may want.

The provider is not always a multi-millionaire or someone quickly climbing the corporate ladder. The provider is a hard worker that will stop at nothing to ensure comfort for his family by means of avoiding a financial crisis at all costs.

Not sure if you may or may not have a provider? Ask yourself when you see each other. The provider has a set work schedule and considers every minute of work vital as he earns money. The time spent doing anything else besides work and with anyone else is strictly held after or before his working day.

### Provider Pro's:

The provider will ensure that you and your family are well provided for and are financially stable. Love, caring, and understanding may be at the center of any relationship but let's face it, in the world of today, finances are important too.

The provider follows his work regimen to the dot, this means that he might take some overtime sometimes but he won't take any work home with him. You may not see him during his working shift but the rest of the day belongs to you and your family which he allocates as part of his work-life balance.

#### Provider Con's:

Some providers do not have a sense of work-life balance and will take overtime whenever asked of them without consulting you. They might even take work home with them making that family time you want to much split between you and work.

If you voice out to a provider that you feel you are not being given enough time, sometimes they might respond that what they are doing they do for your sake and for your family's sake. But there is a difference between working smart and being a workaholic. Providers may be breaking their backs to work for their families and to ensure financial steadiness, but the sad truth is that some of them work too much and forget the all-important equilibrium between working life and time with the family. By the time some providers reach the point of absolute financial stability, they may have already lost what they were working for.

#### The Rock:

No, not Dwayne Johnson. The rock as a husband will keep his ground no matter what. This type of husband is most commonly sought after by women as official relationship material. The rock is the receiver for all problems, his own, and yours and will take them all in and not seem the slightest bit phased by anything. The rock will be there as your shoulder to cry on, your helping hand, and will offer a solution for whatever comes his way.

The rock sticks around and is not bothered by problems no matter how big or petty they may seem. It has been said before that as a husband and wife; you will need to emotionally equal each other out in times of trouble wherein one becomes strong for another when needed. The rock will always be strong for you and you can rest assured that your relationship will pan out with this husband always there to take care and cuddle you just at the time you need it the most.

#### Rock Pro's:

As women, it is always nice to have a go-to person; this may be your best friend,

or your sister. It can be husbands too sometimes but women do not tend to go to their husbands for problems because they are often unable to understand. With a 'rock' as a husband, you can go to him anytime and for whatever reason, he will listen and might even understand, and when he doesn't, he will still be your shoulder to cry on.

The rock has great potential at being a good dad as he can take his assuring and understanding tendencies and carry them onto your children who will form a great father-child bond because of the openness between child and parent.

Rock Con's:

As mentioned, husbands who act like rocks will always be there for you and be your emotional stronghold. But you then have to consider whether or not your husband is opening up to you as you do to him. If not, as some rock's do, they tend to keep it all in for fear that you might become emotionally burdened with what they are feeling.

The rock will protect you and your feelings at all costs even if it means having to hold things in himself. This is dangerous as it might cause a sudden outburst of emotions or could even lead to mental illness. Men are more likely to succumb to mental illness than women because of the social stigma about letting others know how they feel.

If your husband or husband to be belongs in this category, offer him a safe place by telling him that he can tell you how he feels too.

The Thinker:

If you have the kind of life (or are going to have the kind of life) wherein you will constantly need to be on your feet, whether it is for a physically demanding job, lots of kids, activities, or travel, you can rest assured it'll be no sweat with the thinker.

The thinker as a husband has everything planned out from step A which is what time to wake up in the morning to step Z when you go back to bed at night and absolutely everything in between. Going on a long trip with small children? The thinker husband would probably transform the back of the minivan into a mini play area/ sleep area for them.

Having a baby? The thinker has already been through 3 pregnancy books before your amazon order for what to expect has even arrived, and he's probably booked your OB schedules and started a college plan too.

The thinker thrives on being organized and if you are not organized then you are probably his perfect match. There will hardly be any road bumps with the thinker, and if there are, you know for sure that he has a plan B up his sleeve.

#### Thinker Pro's:

Your life is set, everything is planned out and you do not have to worry about any loose ends. No matter what you may want, whether it is a vacation with the kids, another baby, to change jobs, or to move to another town, the thinker will always manage to put everything into his mental train of thought.

The good thing about the thinker is that he is also flexible. Just because he has a plan in place doesn't mean that he isn't open to any new changes such as another child or an unplanned (well, maybe a little bit planned) vacation. Thinkers have the natural ability to place things that need to be done in the chronological order of which they need doing. So whatever you say you want to do, no matter how extreme, the thinker simply shifts his thoughts towards that new thing and will always think of how to make it work.

Thinkers have a sense of empathy, included in their organizing and managing absolutely every aspect of your lives as he can, he also makes sure to look at you and think of what you may want or what you need to hear.

#### Thinker Con's:

Some people may say that the thinker lacks spontaneity. But what they really have is an extended form of spontaneity wherein they will still be up for whatever you may want but alternatively, will also think of what needs to be taken along.

Thinkers tend to be more compatible with women who are not very organized themselves as they tend to even each other out. However, when a woman is also organized, one of two possible things could happen:

1. Your organizational skills completely mesh and you get along on every level.
2. You clash and disagree on what to do and the order thereof.

## The Free Spirit:

The free spirit is spontaneity in all its glory. If you have a free spirit as a husband then you could be visiting lush sea sides to snowy mountain ridges all in the same week. The free spirit's goal is to never waste time doing trivial things and things that he deems as boring and mainstream. The free spirit wants to see as much of the world as possible and he wants to take you with him.

The free spirit is honest, will express his thoughts and feelings and open up to you. The free spirit also believes in taking things on as they come and never worry about anything but today.

## Free Spirit Pro's:

The free spirit will be great fun and if travel and adventure is your thing, then you are the perfect match. If you have children, the free spirit will be an inspiration and a living example for following your dream and doing what you love. The free spirit as a father would encourage children to be themselves and accept them no matter who or what they turn out to be.

## Free Spirit Con's

Spontaneity is good in proportion but if you live with this as a life rule, things might get a little out of hand when it comes to some other important things such as paying the bills. The free spirit is more likely to choose a job that relates to what he loves doing rather than a high paying job that might bring financial stability to himself and his family.

The free spirit needs to be FREE and might have a tendency to grow tired of companionship, especially ones with varying opinions to his own on where to go or what to do next.

The free spirit will have a long list of what he wants to do and places where he wants to go and will be unlikely to want children until he is older, if at all.

## The Believer:

Don't get this husband type wrong right away, I know what you're thinking, God right? Well, partly yes, the believer does follow a religion. But besides that, husbands in this category believe in all things unseen such as the definition and occurrence of true love, empathy, kindness, and understanding; He believes in

them as they are as real as the air he breathes.

The believer follows a rule that he has set for himself that all others need to be treated the way he himself would want to receive treatment, he has a great sense of empathy and understanding and his moral values are rock solid.

Believer Pro's:

The believer will do all he can to adhere to the social standards of what a traditional family should be like which includes doing all he can to work and provide all the family's wants and needs.

The believer will not care if he is in a job he hates, he certainly will not let this burden out on you. All he cares about is obtaining income every month sufficient enough to provide for you.

The believer is kind and you will never lack in all the love that you need to feel.

Believer Con's:

The believer has a tendency to take traditionalism to far by expecting things from you that you may not be happy to deliver. As he is being the traditional giver, he will also expect you to give by means of being a stay at home mother or housewife, by cooking, cleaning, doing laundry and such.

# Chapter 2

## Communication

Communication is the forefront of any relationship. Without communication, or effective communication, there would be a lack of everything else such as understanding, trust, or compromise which would all be impossible without speaking to one another. As men and women are very different from one another when it comes to the perception of what needs and should be said as well as with the interpretation of words, this chapter is dedicated to the ability to effectively communicate with your husband in the customized way that he needs in order to obtain a further understanding of what you are trying to portray.

Effective Communication with your Husband:

1. The Past – whether it may be former disputes with one another, or things that happened before you even met, bringing up the past will only make things worse. If you and your husband are arguing over something and you bring up the past, that argument not only continues for what it is but is now also an extended version of what you just mentioned as well as an added argument on bringing it up in the first place. Past disputes are in the past for a reason, they have either been resolved or the both of you as a couple have long gotten over or forgotten them so there really is no need to bring them back.

Mentions of the past are often brought back during a fit of rage where you may want to hurt your husband by pointing this out, words hurt and there are a lot of things that, once said, you cannot take back. When you are arguing, never bring up the past.

2. Speak with Love – there always comes a time in every relationship where you need to express yourself and how you feel. These expressions may sometimes be reflections of your husband's actions or how you feel towards something he has done or said.

Whatever it may be that you feel the need to say, say it with love. Especially when applying to the embarrassing or humiliating things such

as relating to your sex life or personal hygiene.

3. Timing – if there are important things that need to be discussed, timing is key. Make sure you get the timing as perfect as possible. For instance, if you want to talk to your husband about the possibility of having another child, don't do it right after he's had a clearly bad day at work.

Waiting for the best timing will get the best results from both of you, with mutual positive attitudes and the higher likelihood of absolutely every nook and cranny being discussed. The right timing will also make the probability of unsound or impulse decisions less likely.

4. Make sure he's listening – when discussing anything important or even usual household matters such as what color curtains you can get, you will need to know the signs that your husband is still listening. If you've been with him for long then you might know the signs of him drifting off.

Some people or women like to say that men have quite short attention spans, but we will not generalize here. When discussing a topic of little to no interest to a particular person, that person will tend to have difficulty keeping up, regardless of gender. Your husband will have trouble maintaining concentration when discussing curtain textiles just as you might have trouble concentrating when he is sharing game highlights with you.

5. The point – men aren't mind readers and a common mistake of women is that they think that they are. All people will have trouble reading between the lines if you use a level of subtlety so deep that only you can understand what you are trying to get through.

As previously mentioned, their minds could drift off and it would here be better for them to get the point straight away. Sometimes, a long introduction that adds to the positivity of what you are about to request or say will help and might even be important. But sometimes, getting straight to the point is the best way to go.

6. Listen – when you've said everything you need to say, now it's your turn to listen. Another important factor in good communication between husband and wife is letting each other finish before they share their opinions or views. Everything you've just said, in a way, is your opinion and once you've finished, it is your husband's turn to state his and your turn to listen.

Good listening skills not only lets him get out what he needs to say but it also hold an underlying message that says '*I am listening so you should listen too*'.

7. Acceptance – following the sharing of opinions, husbands and wives will either disagree or agree and when it is the latter, this can often be the root of arguments.

If you and your husband have effective listening skills and have both stated your views on something, then you should realize from both arguments which is correct or more correct. If you just happen to realize that your husband is in the know, accept that he is right and don't let pride get in the way.

Alternatively, when you know that you are right and your husband is showing signs of refusing to listen, stay calm and explain your points one at a time. Do not fight fire with fire.

# Chapter 3

## Choose Your Battles

Misunderstandings and arguments are always how the degradation of marriages start. And in marriage, there will always be matters to argue over from big problems such as choosing a place to settle, moving away, or on how many children to have. These arguments can also be petty such as dinner choices, who to have over on thanksgiving, and such. These petty arguments may seem irrelevant but what they are beneath the surface are tiny bits of resentment that slowly grow as they latch on to each other with every new argument.

Don't let resentment be an issue in your marriage, let out how you feel or better yet, choose your battles and learn not to sweat the small stuff. If there is something you feel you are fully capable of handling such as what color to paint the garage, then go ahead and do it, ask yourself if your husband would really mind; odds are he won't anyway.

How important is it?

As much as you can, ask yourself how important something is and how long its impact might last on your marriage and your lives. For example, making an installment purchase for a wide screen TV without consulting your spouse might be a cause for trouble because with the mortgage, bills, and food already in place to pay for every month, this extra monthly expense might be a bit much. Making a move like this without consulting your husband would impact you both for as long as the payments are being made.

However, small decisions being made such as what to have for dinner might be better of being made by you as this is a short term thing.

If there are occurrences of recurring issues in your marriage such as problems and misunderstandings that become common cause for argument at a more often pace, then this issue will need to be addressed thusly. Take in the above mentioned value of timing.

### Remember Empathy:

Always consider and remember that even in a fit of rage and even if you are absolutely positive that you are right, you are not the only person in this argument. Misunderstandings are a two way thing and affect two people (that's you and your husband). It is hard, if not impossible to take back painful words dealt and prevention is always better than having to deal with that regret later on.

Have empathy and think of your husband's point of view. Even if he fails to see yours, hence the argument, try to see his and figure out why he is reacting in the way that he is. Remember that if no one takes the high road, an argument will never cease.

### Compromise:

If resentment from arguments causes the downfall and degradation of any marriage, then compromise almost surely provides any couple with the opposite effect wherein a mutual understanding of respect is present at every conversation and a couple agrees and meet in the middle before any decision even has the change at turning ugly.

Accept each other's ideas and know that neither are absolutely perfect and fool proof. In some cases, a husband and a wife can take elements from both ideas shared and find equilibrium therein and know what to do.

Decisions and life choices are made all the more meaningful when they are made together. Sometimes a husband has to step aside for his wife and there needs to be an understanding that stepping aside or agreeing to the others idea will not become a permanently one sided thing.

### The Reasons:

What are the reasons that you and your husband argue? An important factor in picking your battles is knowing the reason (or the most common reason) that arguments ensue in the first place. There are many reasons that an argument could take root from petty and small to huge issues that would impact a couple

for their lifetime.

But for this category, let's talk about the small issues. These should generally last long, should they? But sometimes, they still do. Why? Because some couples (one or the other, or both) have developed a complex wherein they need to get the last word in; in this situation an argument over something petty turns from just that into a battle of needing to be right.

If you feel the need to defend your pride to your husband then your relationship is not healthy and you will both need to work on it. Relationships need to have a variable of openness where in both sides do not feel the need to put up a wall of defense.

#### Triggers:

Everyone has a trigger; and this is regardless of absolutely all things which may include demographic location, financial standing, or gender. A trigger begin set off by a stranger who doesn't know any better can be just as dangerous as a trigger begin set off purposely by someone who knows you and knows the impact of a certain word or of something being brought up would bring.

As a husband and wife, there is a chance that you might already know each other's trigger, and in arguments it is not uncommon for people to sometimes purposely bring up triggers. Though it may be very difficult to maintain a level of calm in the heat of an argument, you will need to do your absolute best to achieve it or to avoid your husband's trigger no matter what he says, even if he has triggered you.

If your husband is the type that doesn't notice every little micro detail of your life then he may not be aware of your trigger, if during an argument you feel that it may be coming to a point wherein your trigger may be brought up, shift the conversation or just stop.

# Chapter 4

## Empathy

Your husband is your partner for life, the person whom you will go through all life's trials and great joys with so with them you need to learn to practice a deeper level of understanding in the form of empathy, as they in turn, also need to do for you.

For everything that life could possibly throw at you, with empathy, you will be there for each other and understand no matter what.

Admit when you're wrong and begin the trend of honesty without having to be ashamed in your home. Learn to remain rational during arguments in order for you to recognize when you have taken it a bit too far and say you're sorry.

Another important aspect of empathy is its connection with communication and the need to speak with your husband about the details and problems that may be going on instead of unloading on other people such as your family or friends. This to him will feel like a small method of betrayal where you have clearly chosen to speak to others first before him and hence possibly valuing their opinions more than his.

Your husband and yourself are the only two people in the world that have a complete understanding of your relationship, or that understand it the most. So why seek help and opinions from anyone else first? Of the dilemma at hand involves your husband either directly or indirectly, think of what you would want him to do if he were going through this situation rather than you; you would want him to come to you, wouldn't you?

### Practicing Empathy:

1. Listen – when you are talking to your husband, the one thing you want him to do is to listen. You can show him that this is the best thing to do in these situations by also listening to him when he is talking.

Listening can get tricky especially if you have other things on your mind such as that proposal you need to get done for work, or that family vacation you've been meaning to plan. Address this problem by focusing on the present, do not think of the past or on the future and just on the words that are coming out of your husband's mouth.

It has been said that eye contact is a sure way to let someone know that you are listening; this isn't true, however, for everyone. If you are the kind of person that finds they can concentrate and listen better when concentrating on a certain object then it would be beneficial to inform your husband of this trait and tell him that you are, in fact, listening.

Do not be afraid to excuse yourself when you feel you have missed something or if you didn't understand fully. So your husband can repeat himself.

2. Open up – your husband should be the one person in the world that you should feel comfortable unloading your emotions to. Empathy can help a lot in relationships and in order for your husband to empathize with you, you need to open up to him and let him know how you function on the inside.

Opening up to your husband will not only allow him to get to know you on a whole new level, but it will also encourage him to do the same and let him realize that the walls do not need to be up when it is just the two of you.

3. Be physical – not in the way that you are thinking right now, though that could be a possibility too.

If your husband opens up to you or if you are having a conversation with one another, offer him a hug or a kiss on the cheek when you feel it might help. As the saying goes '*actions speak louder than words*' and what better way to let him know that you care than with a nice warm cuddle.

4. Awareness – to practice empathy you need to train yourself to develop a deeper sense of awareness about all the people around you. Through this you would enable yourself to determine a person's mood based on their behavior and actions. When your husband gets home from work, you might be able to tell whether he has had a bad or good day.

A deeper sense of awareness towards your spouse allows you to address a possible problem before he even mentions it which becomes meaningful as it lets him know that you are paying attention.

5. Understanding – the true sense of understanding comes without

judgment. And if you are to truly empathize with your husband you need to keep your judgments for yourself and try to see things from his point of view.

6. Assist – if your husband is going through a trying time and you can tell, you might want to offer a helping hand even without waiting for his invitation. Even if he is your husband, he might sometimes still not ask for help for a whole number of reasons such as shame, pride and such. Let your husband know that whatever it is, you're in it together.

# Chapter 5

## Acceptance

As a married couple, it must go without saying that you have known and accepted each other already. But true acceptance spans beyond the wedding date, acceptance warrants change whenever the couple or each individual person in the relationship changes as well.

People change with the seasons depending on the new trials they have gone through and solved and whom they have with them along the way, but the bottom line here is that PEOPLE CHANGE. And as people change, so will your sense of acceptance and flexibility towards acceptance have to change.

Expectations:

The key to setting expectations is knowing that neither of you are perfect and as specific as you try to be with any particular expectation it might not always be flawlessly executed. Know your limitations and set realistic goals for yourselves in an equally realistic time frame.

Expectations will also apply to a financial nature, as a new family you might want the basics such as a home of your own and a family, as a new couple, it is understandable that you might still be getting on your feet financially and working upwards towards a mutual set goal will reap in rewards for the both of you without having to go through arguments.

Marriage Expectations:

1. Honesty – honesty is the forefront of trust which is the glue that holds all marriages and relationships together. Be honest with your spouse no matter how small or big something is.
2. Work ethic – husbands in the traditional sense are expected to be the working part of the family and provide for his wife and his children.

In recent times, it has become more and more acceptable that women can not only work but also climb up on the corporate ladder.

Work ethic can go three ways here, the husband can provide, the wife can provide, or both partners are working and bringing in an income for the family. Whatever means is used for the finances to keep flowing, the important thing to think about here is job stability and being financially stable all together.

3. Respect – it is an absolute fact that the majority of husbands want respect from their wives, but come to think of it, who doesn't want respect? Everybody wants respect, especially from the person you are in a relationship with.

Be careful when offering respect to a person you have just met, even if you think they might be husband material, too much respect that isn't reciprocated as much might be interpreted as a means of pushing you around. Always remember that respect is not simply given, it is earned. And in all relationships, whether married or not, respect needs to come from both sides and equally given regardless of whom is more financially stable.

4. Share responsibilities – responsibilities come in different forms all depending on who does what in your household. Let's look at thing through the modern family's view wherein both husband and wife are making contributions towards the family's finances: sharing responsibility here means that it isn't left to the woman to purely do all the household chores such as cleaning, cooking, laundry and taking care of the children and all the additional tasks they need done. In a two parent working family, the responsibilities need to be shared between both husband and wife. Before making the decision to have children discuss the sharing of responsibilities with your husband and tell him how he might be able to help out.

Alternatively, do not take on the attitude that no one but you can do it right. Your husband is trainable and you can teach him things such as how to sterilize baby bottles, warm up baby food, and such. Being a parent is a 24 hour job, so even as a stay at home mother with a working husband, you will still need to share the responsibilities. After all, this child is half his and he will need and also want to be involved in this child's life.

5. Love – the ultimate expectation from any relationship, and especially marriage. Loving someone can be felt from within you but make sure

that the strength of your love is, in turn, felt by your husband. Tell him you love him as often as you can, give him random hugs and kisses.

If you feel that you may be lacking in affection from your husband, remember to notice all the unmentioned things that he does such as providing for your family, helping out with the chores, or taking you out for dinner.

Love doesn't need to be defined by physical affection, verbal admission, or even by sex, though it can be all those things. Love can also be the silent presence that is always around in the form of simply being together and being there for each other and knowing it.

# Chapter 6

## Change

No one person can ever be expected to remain the same for the entirety of his life. People change, and especially after marriage, people change. There needs to be a sense of acceptance that is constantly flowing and contorting itself to the new changes that are happening in your marriage. In this chapter we speak of change in the essence of yourselves as people, a husband and a wife with attitudes and personalities different from one another yet accepting of each other.

Would that acceptance still stand ten years after your wedding date when there might be only an inkling left of the person you married? They might have changed for the better but still not be that person you walked towards on the aisle.

If you are thinking about all the changes your husband has gone through and what happened to impact and cause those changes, remember that you changed too.

You need to accept that the world will never be viewed in exactly the same way by two people, even if that other person is your husband. As time passes, that view will change as all your surroundings change, you may see things in the same light but your perspectives will always be different.

### Physical Changes:

As you get older, physical features will fade and deteriorate. This should not be a threat to your marriage as aging is never one sided or exclusive to one spouse. Physical changes are completely normal and accepting yourself is essential in accepting your other half.

Aging may seem daunting to some but remember that you aren't going to wake up old one day, this change comes very gradually and the road towards it can be something that you and your husband share.

## Financial Changes:

Stability is important in marriage, besides emotional and physical stability, there is also financial stability. And though you and your husband may have maintained a level of stability and comfort throughout the years, the income may have changed.

If your income has changed but not to a point where your lifestyle has been affected then good for you. But for some marriages, their finances may deteriorate to a point where they need to give up certain pleasantries. Alternatively, the opposite could happen and your finances could sky rocket.

Accept that the economical stature of the world is unstable itself so how can we as its constituents expect complete and total lifetime stability? Have a backup plan and prepare for this possibility.

## Children:

Making the decision to have children is a huge thing to think about. Children will impact your lives as a couple completely and change it so nearly everything is different. Children bring live, joy, and fulfillment to a couple and make them able to call themselves a family. However, with this change come adjustments in the physical appearance of your home, and also with the financial budgeting, by doing these, a couple becomes more emotionally prepared for the arrival of their child.

After a child is born, responsibilities need to be shared as mentioned above in order to maintain equality and also a bond with the child. The vacations that you used to take as a couple might have to change direction into places that are more child friendly or that he may appreciate.

Your child will grow too and his character and personality will begin to form; you as a couple need to accept and constantly adjust to his new ways and phases by having a mutual understanding in advance on things such as nutrition or discipline.

For further references on child rearing or if you and your husband are just at that stage where you are pondering the possibility of a family, check out my other books *'How To Be A Good Mom'* or *'How To Be Good Parents'*.

# Chapter 7

## Companionship

Being best friends with your husband is the best way to achieve complete and total companionship at its highest possible potential. Being able to open up and say absolutely everything without having to worry about judgment is an element needed in some extent in all marriages. However, good companionship doesn't necessarily mean that you are together every waking moment, sometimes it can mean that you allow your husband (as he should allow you) a sense of freedom to be with his friends, explore new things, or work on a project in the garage.

### Best Friends:

When your husband is your best friend this ensures a connection between the both of you that only you can understand, this will to a deeper level of intimacy and understanding with each other, more openness and less fear of non-acceptance.

In marriage, you need to maintain a life outside of just you and your husband. This means maintain connections with old friends or college buddies. Your husband, however, will be your one source for all the bits and pieces that you get from your friends where you unload absolutely everything.

Try your best to be each other's best friend. To be the one person that they would choose to go on an adventure with. This will maintain the spice and fun in your relationship and keep things new.

### Mutual Goals:

When you and your husband are incomplete understanding with one another, your goals may be mutually agreed on and a path clearly paved in order to reach those goals. Having a goal removes the monotony of everyday living and gives anyone something to look forward to.

Whether your goal may be to have that dream house, send your kids off to Ivy League college, or to retire in the Mediterranean, share them and work on reaching them together. Long term goals can be talked about to bring up that sense of excitement and to keep the energy flowing.

Stress:

Stress may be unavoidable in marriage or in life where it may come from so many angles. Stress could come from work, from extended family, or from your other responsibilities. This is where a combination of empathy and companionship come together in unison, understand and be there for each other by relieving each other's stress. Talk about what caused you to get stressed out and let it out in the open for your husband to help you with.

If you see that he is stressed, ask him about it and offer to talk about it instead of waiting for him to approach you.

# Chapter 8

## Sex

Life when married can get very busy at times where you and your spouse might both be busy at work which might cause limited time for each other. This time spent together becomes even more limited when you have children and it is common for some married couples to experience a lack of the ‘spark’ in their marriage. Sex is an important aspect in keeping things exciting and to keep the blood flowing, but how exactly do you maintain or even try to achieve romance when you have a family? Or how do you keep it going?

1. Dates – just because you are married, doesn’t mean you have to stop dating each other. Try to schedule a weekly date night where it is just the two of you and go to a different place each time in order to keep it all new.

On your date night, talk about the both of you and of your plans and goals. Don’t talk about that roof gutter that needs to be fixed or the new air conditioner that’s getting delivered this week.

Be romantic and act as though it is your first date all over again.

2. Activities – besides the cliché candle lit dinner with a view of the entire city, there are other things you can do. An all-day activity can be great for reigniting the ‘young blood’ in the both of you. Go to a museum, the park, or to a carnival. You could even leave the kids with grandma and take the whole weekend off.
3. Sex schedules – busy lives just too much to handle? Make a schedule for sex and stay at home instead of going through all that other stuff. Schedule a play date for the kids or send them to a movie with their aunt or uncle and spend time at home just the two of you.
4. Be adventurous – try new or different things such as new approaches to sex with new positions or by going to a fancy 5 star hotel. Keep things exciting and new so he doesn’t know what’s coming.
5. Talk to him – as mentioned above, your husband is not a mind reader. If you do not enjoy sex even if you have tried other things then tell him what to do. He will appreciate knowing what you want.

# Chapter 9

## Individuality

Marriage is about two people and becoming a family with children is about even more. It happens too often that what defines a woman is her status with her husband and what they have together, or of their family and how many children they have.

Individuality is about having your own unique personality which stays with you whether dormant or whether you let it out. Do not allow yourself to be defined by everyone else, though they are a part of you, you are still your own self and you need to be real as an inspiration to your children and their avoidance of pretensions and in order to maintain a healthy and happy equilibrium between work, life, and family.

Hobbies and Interests:

Every person has an interest whether it may be crafts, watching movies, going to theatre, painting and such; you need to maintain your hobbies and interests and take a break to do what you love every now and then to remind yourself of what makes you happy or of something that you are good at.

The things that interest you are a part of your personality and of who you are, your husband would accept these as the things that make you happy when you are taking a break from your everyday life.

Friends:

Don't give up your friends just because you are married, they might get married too eventually, or even if they don't agree with the concept, you still would have had instances in the past where you got along on something and enjoyed each other's company.

You may even have some friends that have known you longer than your husband

has and will be able to reminisce with you about the past and who you can talk to about whatever.

Make new friends, there isn't a rule against this when you get married. Neither is there a rule that, once married, you can only make friends with also married couples. As an individual, you are free to make decisions on whose company you enjoy and who you want to be with.

#### Personal Goals:

Having set and mutually agreed upon goals as a couple is detrimental in the success of the relationship but as an individual, you can maintain your individuality by also setting personal goals for yourself. These can be anything from losing weight to learning a new language.

#### Compromise:

As you need to maintain your individuality, so will your husband, adjust to each other schedules and give way to what is more important, compromise on situations where you might not agree on what to do and find that invisible line in between that you both agree on.

Compromise is all about both sides being happy and neither side losing out completely. In marriage, there will be a lot of compromising and learning to agree in a civil manner and accepting mistakes will help ease the process.

# Chapter 10

## Gratitude

There is nothing quite like letting someone hear what you know they want to hear to get the most heartwarming response. Showing gratitude towards your husband for everything he does lets him know that you care and love him. But what exactly do men want to hear? This chapter states a few phrases that men like hearing from their wives, you could use these (and mean them) to make your husband's day.

1. 'I'm glad I married you' – this phrase may sound simple and obvious but its underlying message states that he has done a good job as your husband and releases the ever-present and irrational fear that you regretted choosing him.
2. 'You're a great dad' - *this simple phrase is similar to the above but on a whole other level. Fathers a strong need to connect with their children as they did not experience what women go through during pregnancy. Telling your husband what a great dad he is will offer him the assurance that he is doing things right after all, an assurance that he needs.*
3. 'You look hot' – *Or handsome, or dapper, or whatever synonymous word you use to describe the sentiments of that phrase. As women like being told they are pretty, husbands also like being commended on about their looks, though they won't admit it as much.*
4. 'I know about our financial situation' – *mostly for couples and families that are just getting on their feet. Husbands often worry that their wives might over spend but simultaneously do not want to hinder them from getting something that they may want. Letting your husband know that you're in this together will ease off a lot of stress.*
5. 'You are really smart' – *it is a proven fact that men like to solve a problem when they see it and as much as possible, by themselves. Ever wonder why men never ask for directions? If your husband tries to solve a problem on his own or whether he may have even succeeded, commend him and tell him how great he handled it.*

6. *'Thank You for providing for our family' – if you just so happen to be a stay at home mother or wife then you know how important it is to get appreciation for all the hard work you do around the household. If your husband is the provider, similarly, he will want to be thanked and credited as well just to get assurance that he is doing the right thing. For some working fathers, this phrase can be said to ease the guilt of not being around the children as much as he may like.*
7. *'Thank You for helping me' – regarding the above mentioned sharing of responsibilities, when your husband does something you know he finds difficult such as diaper changing, cooking, or laundry, a simple thank you will let him know how much you appreciate the help and the effort.*

## **Conclusion**

Being married is entering a whole new world of new experiences and adventures and what better way to get into that than with the man you love the most and who loves you back. If you have read this book, I would personally like to commend you on the efforts you obviously want to take in order to be a great wife.

Understandably enough, married life doesn't come naturally to everyone and I hope this book was able to help you to get the gist of what it may be like and a clear understanding of what needs to be considered as a wife.

This book tackles everything that brides and newlyweds need to know to embark on the journey to married life which begins with a description of the different possible types of husbands to let a woman know where she may stand.

This is followed by methods on maintaining a great marriage with explanations on the importance of communication. Choosing your battles is also explained and given importance in order to substantially lessen possible arguments in marriage.

Empathy and its importance is also taken into account for a deeper sense of understanding with each other followed by the related acceptance of one another and the onset of inevitable changes in your life.

Companionship is then spoken about where befriending your husband is

mentioned as well as a chapter on sex and how to keep the spark alive. The importance of maintaining individuality and extending gratitude is also explained in the final chapters as the last steps towards achieving and maintaining a happy life together.

Thank you again for downloading this book!

The next step is to take that giant leap into the best, happiest, and most fulfilling adventure of your life.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

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