Six Weeks of Pleasure With Your Spouse

Family Defense League © 2009 (Rev. 7-15-09)

These steps are to be completed in the order listed. Do not go to the next step before successfully completing the previous one. Although these steps work best with the enthusiastic participation of both spouses, some level of satisfaction may be achieved with only one. Also, these concepts can be applied for improving relationships between other relatives and friends, and by switching or mixing genders.

First Week: Husband; ask your wife each evening to tell you about her day. Do not

ask, "How was your day?" or she might just say, "Fine." Ask, "Tell me about your day?" and then listen to her. Ask questions or restate what you were told to indicate that you are really listening. Do not give any advice or try to fix anything without her specific, direct, and unsolicited permission. Do not assume permission or pressure her to give it. Pay special attention to her feelings and try to accommodate yourself to them. Remember: "A man is a fool who does not listen to his wife." _____, please answer the following questions about this first step: (Each spouse should fill out their own questionnaire separately, exchange them, and compare.) 1. How many times was this at least attempted in some way over the past week? 2. Circle the level of your experience with this step? Pain 1 2 3 4 5 6 7 8 9 10 Pleasure 3. Did she give a complete satisfactory response and how did you determine that? Yes No 4. Did he listen attentively and how did you determine that? Yes No 6. Did he ask questions, restate, or did something else indicate he was really listening? **G** Other **G** He Asked Questions **G** He Restated 7. Did he try to advise or fix; did she ask him to; and did he assume or pressure her? Yes No Yes No Yes No 8. Was he attentive to her feelings; and did he try to accommodate to her requests?

Insensitive 1 2 3 4 5 6 7 8 9 10 Sensitive

Inaction 1 2 3 4 5 6 7 8 9 10 Action

Second Week: Wife; Ask your husband for his advice or for him to tell you how to fix something mechanical. If he insists on just doing it himself, let him; but watch, listen, and try to learn how he does it. On another occasion, ask for his advice or for him to tell you how to deal with a relationship. In each situation above, ask questions or restate what you were told to indicate that you are really listening. Make a genuine effort to follow his advice or instructions. Pay special attention to what he thinks and try to accommodate yourself to it. Husband, continue with the previous assignment. Remember, the only way a man can be an effective husband is when his wife lets him.

Your Name Here	_, please answer the following questions about this second step: (Each spouse should fill out their own questionnaire separately, exchange them, and compare.)
	as this at least attempted in some way over the past week?
•	our experience with this step? Pain 1 2 3 4 5 6 7 8 9 10 Pleasure
	lete satisfactory response and how did you determine that?
	ively and how did you determine that?
listening?	ns, restate, or did anything else indicate that she was really ns G She Restated G Other
7. Did she make any e Yes No	ffort whatsoever to follow his advice or instructions, and how?

8. Was she attentive to his instruction; and did she try to accommodate to his ideas? Inattentive 1 2 3 4 5 6 7 8 9 10 Attentive Distrusting 1 2 3 4 5 6 7 8 9 10 Trusting

appreciate. Do not ask for anything in return. If you need some ideas, just ask her! Both husband and wife, continue with all previous assignments.
your Name Here , please answer the following questions about this third step: (Each spouse should fill out their own questionnaire separately, exchange them, and compare.)
1. How many times was this at least attempted in some way over the past week?
2. Circle the level of your experience with this step? Pain 1 2 3 4 5 6 7 8 9 10 Pleasure
3. Did he ask her for ideas? What did he do for her, how did she react, and how did all of that make you feel? (i.e. glad, mad, sad, agitation, enjoyment, pleasure, etc) Yes No
Fourth Week: Wife; Do something for your husband that you know he would really appreciate. Do not ask for anything in return. Ask him for ideas whether you need them or not! Both husband and wife, continue with all previous assignments.
your Name Here , please answer the following questions about this fourth step: (Each spouse should fill out their own questionnaire separately, exchange them, and compare.)
1. How many times was this at least attempted in some way over the past week?
2. Circle the level of your experience with this step? Pain 1 2 3 4 5 6 7 8 9 10 Pleasure
3. Did she ask him for ideas? What did she do for him, how did he react, and how did all of that make you feel? (glad, mad, sad, agitation, enjoyment, pleasure, etc) Yes No

Third Week: Husband; Do something for your wife that you know she would really

Fifth Week: Wife; Ask your husband to do something for you that you would really appreciate. Remember: "Men do not take hints. Ask directly for what you want."

Sixth Week: Husband; Ask your wife to do something for you that you would really appreciate. Both husband and wife, continue with all previous assignments.