

Check your own response to this scenario:

What is your immediate instinctive reaction to your wife's requests, whether she verbally or non-verbally expresses the following:

"Why haven't you done _____?"

"When are you going to do _____?"

"I've asked you over and over _____?"

"I don't want to bug you, but if only you would _____?"

Honestly answer in your own heart:

1. How do I usually respond to these requests? What criteria do I use to evaluate the validity of her requests?
2. If your reaction is "Not now"; "I'll think about it"; "You are nagging and demanding".....
What role do you see yourself living out?
 - (a) Is it loving discipline for her sake?
 - (b) Are you punishing her for being demanding?
 - (c) Are you refusing to let her manipulate and control you?
 - (d) Are you just not wanting to have your time at home taken up with mundane jobs?
 - (e) Is your schedule so full that every minute is already scheduled with necessary activities and jobs?

If your initial innermost reaction to your wife's emotional or verbal requests is anger or rebellion, in which ways do you respond?

1. Internal reaction

- (a) Mental arguments with her about how wrong she is.
- (b) Pouting by retiring to the garage, garden, and not talking.
- (c) Watching sports on the TV with a concentrated stone face.
- (d) Talking and playing with the kids as long as possible to avoid talking with your wife about the requests she made.

2. External reaction

- (a) Making elaborate plans not to fulfill her requests, so she will see she can't run you.
- (b) Controlling her more with money, car, not taking her out on dates... "since we have no money, no time, we have so much ministry, I have to work" etc.
- (c) Planning a series of subtle verbal critiques, which will undermine her and make her insecure and convince her not to make such requests again.

3. Rationalize your action as "discipline" because she shows no respect for you and you can't let her take over your role as head of your marriage, especially in front of the children.

Check your own responses to this scenario:

What is your immediate instinctive reaction to your wife's requests, whether she verbally or non-verbally expresses the following:

- 1. "Why haven't you done _____?"
- 2. "When are you going to do _____?"
- 3. "I've asked you over and over _____"
- 4. "I don't want to cry you, but if only you would _____"

Honestly answer in your own heart:

1. How do I usually respond to these requests? What criteria do I use to evaluate the validity of her requests?

- 2. If your reaction is "not now," "I'll think about it," "You are nagging and demanding,".....
 - (a) What else do you see yourself living out?
 - (b) Is it loving discipline for her sake?
 - (c) Are you punishing her for being demanding?
 - (d) Are you refusing to let her manipulate and control you?
 - (e) Are you just not wanting to have your time at home taken up with mundane jobs?
 - (f) Is your schedule so full that every minute is already scheduled with necessary activities and jobs?

If your initial instinctive reaction to your wife's emotional or verbal requests is anger or rejection, in which ways do you respond?

- 1. Informal reaction
 - (a) Mental arguments with her about how wrong she is
 - (b) Putting by setting to the garage, garden, and not talking
 - (c) Watching sports on the TV with a concentrated stone face
 - (d) Talking and playing with the kids as long as possible to avoid talking with your wife about the requests she makes

- 2. Escalated reaction
 - (a) Making elaborate plans not to fulfill her requests, so she will see she can't run you
 - (b) Controlling her more with money, car, not taking her out on dates, "since we have no money, no time, we have so much ministry, I have to work," etc.
 - (c) Planning a series of subtle verbal attacks, which will undermine her and make her insecure and convince her not to make such requests again

3. Escalated your father as "discipline" because she shows no respect for you and you can't let her take over your life as head of your marriage, especially in front of the children.