

12 Ways a Woman Can Disrespect Her Man

(or 12 things you want to avoid)

Women, in case you didn't already know this, your man values respect. Like, really values respect. So much so that when you take advantage of that respect, he feels unloved by you. As much as you desire your man to be there for you emotionally, he wants you to respect him. If you're curious... here are twelve ways to easily disrespect your man.

How to Use This...

- Talk through these 12 things with your husband and ask for examples that you currently do.
- Think of an example of when you showed disrespect to him and apologize.
- Be mindful of your thoughts, and intentionally stop and pray in your mind for God's help when you are about to disrespect him.
- Decide to challenge yourself and see how long you can go without criticizing, nagging, or bossing him. Tip: You will need the Holy Spirit's help and tons of grace for yourself.

- 1. Imply that he is not intelligent/capable/competent.**
- 2. Imply that he is not enough for you sexually.**
- 3. Imply that he is not providing enough for you financially.**
- 4. Imply that you are superior to him morally/spiritually.**
- 5. Display contempt for who he is as a man – not accepting him as he is.** (This does not mean you must respect sin, but that you respect him as a person and as your husband).
- 6. Tell him what to do or boss him around.** (He doesn't need another mother).

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- 7. Stubbornly take control of the marriage and/or family and do not allow him to fulfill his God-given leadership position.**
- 8. Make fun of him, put him down, criticize him, and belittle him, especially to others or in front of others.**
- 9. Display body language that communicates contempt/hatred/judgment.**
- 10. Imply that you respect another man more than you respect him** (and yes, your own father counts).
- 11. Imply that he is not a good father.**
- 12. Undermine his authority as a father** (saying, "Don't let your father know this..." to your kids).