

STRAIGHT TALK FOR MEN

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THE SECRETS OF EVE

By Dr. Archibald Hart and
Dr. Catherine Hart Weber

Six facts that men need to know about female sexuality.

Do you want supper? You have to “sing” for it. Do you want water from a pump? You have to prime it. Do you want to cut wood? You have to sharpen the saw.

What’s this got to do with sex? A lot! These idioms all say one thing: If you want something, you have to do something to get it. Our message? If you want to have good sex, you have to do something to create it. Too many men, unfortunately, expect good sex to appear out of the blue. They come home from work, crash into their favorite chair Archie Bunker style, tune in their favorite TV show, and expect that at a certain magic moment sex will come looking for them. It doesn’t!

If we learned anything from the research we have done over the past few years on where Christians are in their sexuality (600 men were surveyed for Dr. Hart’s book *The Sexual Man* and more than 2,000 women for our book, *Secrets of Eve*), it is this: Good sex is intentionally created; it doesn’t just happen. Your love life sinks or swims by the efforts you put into making it something beautiful.

So, if you and your partner have different sex drives and you want sex more frequently but don’t know what to do, read on. Or is it the other way round? You rarely feel like making love, while your wife is hungry for intimacy. Well, we have some suggestions. These are not concocted or gleaned from a secular view of sex. They come directly from our in-depth study of where Christian men and women are today.

And if you think men are bewildered about how to build satisfying sexual lives for both themselves and their partners, believe us, women are too. Many asked us, “Am I OK?” and “How do I compare with others?” Sex is bewildering for women and it is made even more so by the lack of understanding on the part of men. Listen to what one participant in our study wrote:

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“I wish men could understand that if they took more time for emotional intimacy, women would initiate physical intimacy more. Then we would know that we are really wanted for who we are – not just as a release valve!”

This woman was not alone in expressing these feelings. These sentiments were shared in many of the more than 2,000 questionnaires we got back from all over the United States. Hopefully, this revealing feedback from the opposite gender will help transform your marriage relationship into one of mutual joy and fulfillment.

WHAT DO WOMEN REALLY WANT?

It has been said that men initially fall in love through visual stimulation, while women fall in love through emotional connection. Despite the stereotypical nature of this statement, in many ways it is a fairly accurate assessment. But don't restrict this just to falling love. It is just as true for *staying* in love and *making* love.

Women are different. Hence, what they want from sex is different. Unfortunately, most men don't understand this sufficiently enough to change their approach to sex. What are the important differences that guide women in determining what they really want from sex?

1. Women want to be close.

When the women in our study were asked what they liked most about having sex, 90 percent chose “physical and/or

emotional closeness.” Closeness was more important than orgasm! This really blows men away. Yes, women want to talk, touch and feel love. It is a sensual thing that goes way beyond sexual intercourse. For many women, intercourse is a *final* expression of their affection, and it is not just for themselves but more for the pleasure of the man. Men, on the other hand, often use sex to express rather than *feel* the emotions of love and affection.

2. Women want to spend time with their partners. “I want time together with my husband.” We heard women say this over and over again. Of course, “time together” can mean many things. If you don't think so, ask your wife what it means to her, and what she would like you to do with her in this togetherness time.

Here are some creative ideas that women gave us on how they would like to spend time with their husbands: going out to a romantic dinner, taking a vacation alone (without the kids, family or friends), taking a walk, exercising together, going on a bike ride, sharing a bubble bath, dancing, sailing, and, of course, chatting. Which leads us to the next point...

3. Women want time for talking. “Talking and connecting intimately is what I miss and want more of.” Wrote one 49-year-old woman in describing her ideal sexual experience. “He would talk to me about my feelings, really showing interest in me. I'd laugh some and cry some. He would share his feelings with me and about me. He would affirm me...”

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For most men, talking is not a high priority. But how important is it for women? Fifteen percent of our sample specifically mentioned it, without prompting from us, as being an essential part of an “ideal sexual experience.” Many of the women in our study alluded to it in other forms, such as: “desiring connection,” “pleasant talk” and “affirming words.” Imagine this men: women want (and need) conversation to be a part of the sexual experience! Honest and open communication makes deep inroads to a woman’s sexual reservoir.

An old Chinese proverb says: “Married couples ... tell each other a thousand things without talking.” So, communication is more than just talking. For example, smiling at your partner across the room, holding hands when you go to sleep, good and consistent eye contact when she talks to you, unexpected letters and so on augment the words you speak. During your loving time, put a lid on all problem discussions or conflict-solving conversations. Save those for other times. Men often think that “talking” is all about problem solving. So don’t talk about the kids, the job, the need for a new car, the debts or your mother-in-law. And remember this: The best talkers are those who know how to listen. So while it is important to share, place a higher value on listening. Then echo back what you are hearing to show that you really heard her. This validates your partner and, believe it or not, is about the most powerful aphrodisiac known to mankind. Try it and see for yourself.

4. Women want romance. Over 70 percent of the married women we studied said their romantic needs are met

entirely by their partner. This means that they didn’t need to fantasize about someone else or get steeped in a romantic novel. Their partner met all their romantic needs. This was quite a surprise to us. But then again, we were studying a Christian group. And quite clearly, this group had a lot going for itself! But what about the unhappy marriages! Women who reported that they were sexually unsatisfied tended to watch soap operas or talk to close friends about their unmet needs – sad substitutes for genuine romance and intimacy. What was clear, however, was how central romance is to a woman’s sexual responsiveness. No romance, no sexual desire. Clear and simple!

When we asked women to describe their “ideal sexual experience,” they often wrote about romantic settings: candles, music, massages, dinner out, a fire in the fireplace, cuddling, staying in a hotel, room service, and (surprise!) receiving gifts.

Men, find out what your wife finds romantic and find a way to do it. Romance is more about behavior than feelings. The behavior comes first. So when you behave in a romantic way, like the birds and bees do, you beget romantic feelings. It has been nature’s way since the dawn of Creation.

5. Women want to be able to say, “Not now.” It is hard to prioritize what we’ve been saying here because these are all important points. But if there is one point we would like to stress, it is this one. A woman needs the freedom to say no. It is unfortunate that by nature men

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seem to want sex more often than women. But this is how God ordained it. The consequence, however, is that men need to exercise more self-control than women. Listen to what one woman wrote:

“I’ve come to understand that men and women are different. I don’t need the ‘act of sex’ the same way my adoring husband does ... and he so lovingly understands that it has nothing to do with him.”

For a multitude of reasons, the timing for sex may not be the same for each partner. Many men view their wife’s lack of enthusiasm toward having sex as personal rejection. What is important is for men to know that in most cases wives aren’t disinterested in you or in sex in general. They are just not interested in sex at that moment. Fatigue, hormonal fluctuations, the way you have been treating her—all these issues may have an influence on her sexual desire. Be sensitive to her situation, and then plan for a better time.

6. Women are not sexual objects.

One of the deep longings of the human heart, in both men and women, is to be valued not for what you do but for who you are. This is how God loves us and it is the way we want to be loved. Because our culture so strongly influences men to think of women as sex objects (just pay attention to what sells cars, clothes and even potato chips), women feel demeaned when they are disrespected and only appreciated when it’s time for sex. Women need to be valued and appreciated outside the sexual arena – and this includes your wife. She longs to be told that she is cherished and shown that she

is loved. How can a caring partner do this? Glad you asked. Here are some suggestions:

- Be more attentive at those times when you know sex isn’t on the agenda. Flowers given when nothing is expected may cause a temporary state of shock, but believe us, it will score points in the love game.
- Focus more on “giving” in your relationship than “getting.” Take note of what gestures, gifts or comments are particularly appreciated. Then make sure you surprise your partner with these often.
- And you cannot fail if you remember this biological fact: Hugs, kisses and cuddles performed outside of sex will do more to enhance your sexual relationship than any known or yet-to-be discovered aphrodisiac.

The Really Good News

Here’s a finding that will boost your spirits, men: Wives really want to please their husbands. One of the pleasant surprises in our study was how frequently women told us that they had sex not for themselves or their own needs but “because they enjoyed seeing their husbands sexually fulfilled.” Women seem to have a God-given unselfishness and an uncanny ability to derive pleasure from the pleasure they give. And we’re not just talking about sex.

This spirit of “putting the well-being of others ahead of one’s own” not only embodies love at its best, extravagantly generous and unselfish, but it is also what Christ expects. Philippians 2:4 tells us: “Each of you should look not only to your

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own interests, but also to the interests of others” (NIV). It is when this spirit of unselfishness prevails in both partners that one creates the greatest potential for a deeply satisfying sexual relationship.

There is so much more we could say, but our space is limited. The bottom line: Men really need to understand the sexuality of women if they are going to build a harmonious, satisfying marriage. There is a lot of evidence, from popular magazine surveys for example, that men are paying more attention to the emotional side of sex and placing more importance on intimate relating. This is welcome news, but it is not enough. What most men still need to grasp is that sex is not the vehicle for achieving closeness, it is one of many important expressions of being close. This is God’s design!

There is a lot of talk about the sexes coming from different planets (Mars and Venus in particular), and it sometimes feels like we do. However, as Christians we have a different perspective: God created women and men different to begin with and put us on this one planet for a reason. Our differences as men and women have a deep significance for His kingdom. When we acknowledge these differences and work out a harmonious sexual relationship, we bring honor to our Creator and begin to live out His brilliant, divine plan for human sexuality.

*Drs. Archibald Hart and Catherine Hart Weber are coauthors, together with Debra Taylor, of the book *Secrets of Eve; Understanding the Mystery of Female Sexuality* (Word). (www.newmanmag.com)*

INVESTING YOUR MONEY

What you should know

Everyone knows that it is important to invest your money in order to make it grow. Hiding it under the mattress doesn’t work. Before you invest, you need to learn some basic concepts in order to get started.

*Be sure you have three to six month’s expenses in a savings account or money market fund. This money is for emergencies only. (E.g. If your monthly bills are \$2,000 per month, you need to have from \$6,000 to \$12,00 in cash before you invest anything.

*Carry adequate life insurance on the breadwinner. If you cannot afford the insurance you need, you cannot afford to invest.

*Establish a reason for investing. Make investing correspond to a purpose or goal. If your goal is investing for retirement, paying off a mortgage early, for travel or income, it will be easier to invest with that in mind.

*Do not invest for any goal that you want to meet in less than three years. Investments are long-term, not short-term. Three years is not long for any investment.

*Become educated. Read as much as possible about investing. Understand the concepts. Read financial pages and the business section of the newspaper, even if you do not understand all that you read. Eventually it will make sense. Attend seminars and classes to gather information, but resist the temptation

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To invest as a result of any seminar you attend.

*Establish a relationship with a professional investment adviser. A Certified Financial Planner (CFP) will be your best resource because this person is trained and educated to teach you as well as advise you. Be prepared to pay the CFP for their time -\$50 to \$150 per hour.

*Make up your mind that you will invest every month. Decide on a set amount and invest it faithfully. As your budget allows, or your income increases, increase your investing.

*Stick with your investments. Resist the temptation to sell when the market gets bad, or when they have a bad year. All investments will have ups and downs.

*Diversify. Don't put all your investments in the same area: all real estate, or all CD. Mix it up. Diversification cuts losses and increases returns.

*Reinvest all of your earnings. Don't spend dividends. Let them be added to your account so they can grow.

(Crosswalk.com)

FINANCIAL FREEDOM

You Can Have It!

Personal debt, managed properly, can help you buy financial assets such as a home, which otherwise would be out of reach for most people. However, unbridled and undisciplined, credit can destroy the greatest of personal dreams.

Achieving financial freedom is a long-term project. It takes patience and persistence to complete. Get started today:

1. Recognize your responsibility. No one has greater power to control the financial destiny of your future than you do.

Decide where you want to be 10, 20 years from today. Take a serious look at your excuses and remember that every obstacle is an opportunity.

2. Itemize your assets. Your greatest asset: YOU. Next: your freedom of living in America, your access to an incredible amount of free education, and groups that offer many programs and educational activities. Finally, take inventory of your dollars.

3. Visualize your objectives. Be specific about your goals. Once you have your financial goals you need to commit yourself to them.

4. Prioritize your spending. Write down where you spend all your money. Beware of "little" expenditures that add up to big dollars (gourmet coffee every day, snacks, eating out at lunchtime – even at fast-food places). Patch those holes in your pockets. Cost-compare everything and buy for the best value.

5. Earn more – or want less. Bring your values in line with your beliefs, then bring your spending in line with your values. Consider taking on part-time jobs, or expanding your education if it will increase your earning potential.

6. Overcome your obstacles – one at a time. Don't see your debt problem as one huge, impossible, insurmountable problem. Break it down into a number of small challenges and make the impossible

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possible. Get rid of your credit cards, stay away from temptation (boat shows, malls, home shopping shows). Forget about measuring up to the neighbors, relatives, or friends.

7. Make your money work for you. Pay off highest interest debt first. Establish an emergency savings account to cover a sudden layoff or illness. Adequate health insurance, for you and your family, is not a luxury – it is a necessity.

8. Organize your network. You do not have to solve all your financial problems alone. Seek the help of non-profit counseling centers, utilize employee-sponsored savings accounts (savings are automatically deducted from your paycheck), join investment clubs, or work with financial planners.

9. Capitalize on your experiences. Learn from your financial mistakes. The easiest ways to make mistakes are borrowing too much for something you don't need just because the credit is available; borrowing from friends without a clear understanding of the financial responsibilities; and assuming that money left in a bank account will grow in value. Beware of lenders who want to increase your line of credit, or offer you a home equity loan.

10. Maximize your returns. Invest money in stocks, mutual funds, bonds, or real estate, and let your money work for you.

(Crosswalk.com)

MALE SEXUALITY QUIZ

How well do you understand male sexuality?

Read the following statements and decide whether you believe them to be true or false.

1. More men than women have experienced unwanted intercourse. T or F
2. More “very religious men” cheat on their wives than non-religious men. T or F
3. Just as fat in the bloodstream can block arteries in the heart, so it starts to block arteries in the penis preventing adequate erection. T or F
4. Men also experience a male menopause. T or F
5. After marriage most men stop masturbating. T or F
6. According to some sex therapists, what most men complain about is not getting enough oral sex. T or F
7. Getting married remedies all the problems men have with lust. T or F
8. Boys who are sexually repressed while growing up are more likely to become obsessed with masturbation and pornography when they are grown up. T or F

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9. How often does the average, healthy male think about sex?
(a) once a month, (b) once a week
(c) once a day, (d) once an hour
10. How many men would complain that they don't get enough sex?
(a) 20%, (b) 35%, (c) 50%, (d) 70%
11. The average age at which the American male first has sex is
(a) 14, (b) 16, (c) 18, (d) 20
12. Where does the average young male learn most about sex?
(a) From the home, (b) from friends,
(c) from books, (d) from pornography

ANSWERS

1. TRUE.
Contrary to what most people think, more men say they have felt forced into unwanted sex either to prove themselves or to comply with peer pressure.
2. TRUE.
The Janus Report provides data to support the idea that "very religious" men are at greater risk for cheating than "just religious" men. It could well be that they repress their sexuality more and thus do not acknowledge their true sexual feelings.
3. TRUE.
The same cholesterol that blocks heart arteries can shut off blood to the penis and inhibit full erections. (Reference: Men's Health, Sept./Oct. 1992,42)
4. FALSE.
Men do not experience menopause. While hormones decline gradually, the majority of men remain sexually active into their seventies, eighties, or beyond. Frequency does decline, however.
5. FALSE.
Many men may at first reduce the frequency of their masturbation, but return to it later. Those men that learn during adolescence how to masturbate to pornography find it difficult to break the habit later.
6. TRUE.
Men in our culture easily become obsessed with oral sex—giving it and receiving it. No satisfactory theory for this has yet been put forward; most experts believe it is not abnormal. However, some health risks do exist and many women find it repugnant!
7. FALSE
When men get married, lust does not subside. Men have to learn how to redirect their arousal back to their appropriate partners. Lust, when uncontrolled, creates many unpleasant situations including inappropriate sexual harassment.
8. TRUE.
A sexually repressive upbringing creates excessive guilt about sexual feelings and this sets up the obsessive need for masturbation.
9. D.
Most men think about sex at least several times a day or an hour. Younger men, under age thirty-five, think about it even more often. Interestingly, after age thirty-five the

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frequency remains about the same.

10. D.

According to other major studies: 70 percent of men complain that they don't get enough sex. Interestingly, 58 percent of women make the same complaint.

11. B.

The average American male has his first sexual encounter at age sixteen.

12. D.

Most young males have their sexual beliefs and attitudes shaped by pornography. Exposure often begins at age thirteen. This distorts their views of how women feel about sex and what can reasonably be expected from sex, and it sets them up for disappointment in the real world. Real women cannot possibly measure up to the air-brushed, color-enhanced, glossy photographs that become the standards of reference for most males.

We hope this Male Sexuality Quiz has been informative and helpful. It was adapted from the book, *The Sexual Man* by Dr. Archibald D. Hart. A book you should read.

(www.pathmakers.org)

WHY ARE MEN LIKE THIS?

Men learn from an early age not to feel. It starts at six years old or sooner. Don't cry. Don't complain. Downplay any feelings of pain. Play even when you're hurt. Never show you're scared. Ignore the messages your body is telling you short of needing to go to the hospital!

So when a woman asks her husband to pay attention to the relatively small and subtle feelings she's feeling that are signaling to her that their relationship is in trouble – and, worse yet, insists that he pay attention to and express his own small, subtle, heartfelt feelings – no wonder he goes nuts.

We got it at the movies. John Wayne, James Bond, Clint Eastwood, Rambo. "Real" men are cool, tough, independent and unfettered. Single-handedly killing 250 bad guys, or being a multi-million-dollar football player, is the role model our culture gives boys for how to be a man. Being a loving father and community member isn't.

We get it at work. It's a very lucky man, working in a very unusual field or company, who manages to climb the career ladder without being pressured to ignore his own inner voices.

Men get rewarded for being cool, competent, thinking linearly and strategically, and working overtime to "win." Of course, there are often a lot of very satisfying, fulfilling and useful things about this.

But along with the good things, men learn that success comes from "playing the game" – a game whose rules include, "Don't speak your mind," "Don't be honest," "Don't let your (ugh) feelings get in the way," "Suck up to the boss" and "Tell people what they want to hear."

"Playing the game," especially this game, is the very opposite of being genuine. And being genuine is the most important skill for being in a relationship.

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Women get many of these same pressures at work too, of course. But since women's identities and self-esteem are usually not as bound up in their work as men's are, they have less on the line. They're more capable of filtering out the craziness and switching roles when they get home. All their lives they've been trained to be more than just workers. But men haven't been.

Daddy's from Mars, Mommy's from Venus. Often, some truly wonderful partnerships begin to go awry only after the children start arriving. Our society makes it enormously difficult for people to arrange their work commitments in a way that allows them to be equally breadwinners and caregivers. So instead, one partner (usually the man) takes the role of primary breadwinner, stepping up his work commitment, while the other (usually the woman) becomes the primary caregiver, either quitting work altogether for a number of years or else working at a less demanding job that leaves her more energy and flexible time for the family. Soon, Mom and Dad are living on separate planets, made worse by the sheer noise – and distraction-level created by children. They get caught up in playing the roles of Mommy and Daddy and literally lose touch with each other.

The situation is even worse if a man hasn't found his true vocation before his children come along. Then he can feel utterly trapped by the responsibility of his role, and drained by the soul-destroying quality of his worklife. He becomes jealous of what he perceives is his wife's "freedom," being home all day with the kids. Not surprisingly, his wife, who has just spent her entire day with a couple of

preschoolers, furiously resents this. The last thing she wants to hear at the end of her exhausting day is how miserable her husband is at work. She definitely doesn't want him upsetting the fragile economic appletart that maintains their home and family. His pain becomes forbidden territory. Soon their marriage is in trouble.

We don't lose our hearts all at once. They leak out over time. Often men get so rewarded at work they have no idea that in other ways they've gone dry. They don't have the skills to pay attention to what's going on in their hearts, and they've learned that doing so would somehow be unmanly. So little by little, simply in the process of coping with the normal stresses of careers and families, men disconnect more and more from what's going on inside them. Gone are their youthful ambitions, dreams and passions. Even as they get what they've been working so hard for, they don't really enjoy it that much. Life becomes duller and flatter.

Why don't men care? That's the way it seems to women, when it comes to how men act about their marriages. After all, marriages are like houses. Even the ones with the strongest foundations need regular maintenance. But, strangely enough, men who wouldn't dream of ignoring a leaky faucet, clogged down spouts or a weedy lawn will ignore the signs of a frayed or "leaky" relationship until the roof is about to cave in.

It's not because men don't care, it's because they don't know what to do. What they think will work is often the wrong thing. So, often they give up.

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Most men want more than practically anything in the world for their wives to be happy. So much so that many, if not most, men, when their wives criticize them, go a little bit crazy, becoming either extremely defensive or withdrawing.

Their wives, faced with defensiveness and withdrawal, become even more miserable and demanding, causing the men to defend or withdraw even more. It's a vicious circle.

Just as men have learned to ignore and disconnect from what's going on inside them, in the same way they ignore all the little events – the fights, misunderstandings, little lies or cruelties – that make couples disconnect from one another – especially wives from their husbands. And their marriages become duller, flatter, less alive.

The good news is, men don't have to stay this way! In your 30s, 40s, 50s and older (or sometimes younger) you can look all that old programming in the face and challenge it. Is it really smart and manly to act independent and unfettered – or is it smarter to connect? Do you really want to spend the rest of your life following just your head – or do you want to have more of your heart? Do you want your home life to be a war zone or a “demilitarize” zone – or do you want to make exuberant love?

(www.rtformen.com)

TEST YOUR RELATIONSHIP FITNESS

This is an assessment tool to help you go from saying, “My wife says she's unhappy with me and, gosh, I don't know why,” to knowing exactly what your strengths and

weaknesses as a life partner really are. No man on Earth will do well in every area. (To be perfect, you'd have to be a romantic brain surgeon who looks like Tom Cruise and works only two hours a week.) But admit it, in this department you're not a “10” – you're not even close.

Remember, this about you, not her. Of course she had plenty of faults too. But someone else is going to have to create the Relationship Fitness Test for Women.

Take this quiz – and maybe have your wife or partner answer these questions as well about you, and talk about the results. If you dare.

1-3. When was the last time you did the following things without any expectation of sex?

A= Today
B= Yesterday
C= This Week
D= This Month
E= This Year
F= Why?

1. Hug your wife [A-B-C-D-E-F]
2. Touch her [A-B-C-D-E-F]
3. Kiss her [A-B-C-D-E-F]
(aside from a routine “goodbye” kiss in the morning or perfunctory “hello” after work.)

4-6. How often do you do these things (again, without expecting sex)?

A= Many times a day
B= Once or twice a day
C= Several times/wk
E= A few times a month
F= Once a month or less

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4. Hug [A-B-C-D-E-F]
5. Touch [A-B-C-D-E-F]
6. Kiss [A-B-C-D-E-F]
- 7. Do you kiss goodbye in the morning?** () Yes () No
- 8. Hello in the evening?** () Yes () No
- 9. How would people describe you?**
(A) Warm-hearted (B) Cold-hearted
(C) Lukewarm-hearted.
- 10. How would your wife describe you.**
(A) Warm-hearted (B) Cold-hearted
(C) Lukewarm-hearted.
- 11. Would your wife describe being around you more like “a cold shower” or “a warm bath”?**
() A cold shower () A warm bath () It depends
- 12. If you answered, “It depends,” what percentage of the time are a “warm bath”?**
(a) 10-25 percent
(b) 25-50 percent
(c) 50-75 percent
(d) 75-90 percent
- 13. Which of these four would your wife say you most closely resemble?:**
(a) A prickly pear
(b) A sheltering oak
(c) A weeping willow
(d) A telephone pole
- 14. When was the last time you said, “I love you” to your wife?**
(a) Today
(b) Yesterday
- (c) This week
(d) This month
(e) This year
(f) Huh?
- 15. ...genuinely said, “I’m sorry”?**
(a) Today
(b) Yesterday
(c) This week
(d) This month
(e) This year
(f) Why should I?
- 16. ...complimented or praised her? (“You’re a good mother” and “You’re so sexy” don’t count.)**
(a) Today
(b) Yesterday
(c) This week
(d) This month
(e) This year
(f) Come on, she’s my wife!
- 17. BONUS EXTRA CREDIT! When was the last time you said, “You are (or you could be, or you may be) right?”**
(a) This week
(b) This month
(c) This year
- 18. On a scale of 1-10, how do you feel about the following request from your wife: Honey, I’d like to sit down and talk about our relationship.”**
(1) I would welcome it enthusiastically
(5) I would neither welcome it nor dread it.
(10) I’d rather be getting a root canal without the benefit of Novocaine.

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19. How long are you usually able to stand such a conversation?

- (a) 3 seconds
- (b) 3 minutes
- (c) 10 minutes
- (d) 10-20 minutes
- (e) More than 20 minutes.

20. Do you feel like you can contribute to this conversation?

- () Yes () No

21-22. How many minutes, total, do you and your wife spend talking to each other a day, aside from scheduling, chore division and logistics?

21. Weekdays:

- (a) 1-15; (b) 16-30; (c) 30-45; (d) 45-60;
- (e) More than 60

22. Weekends:

- (a) 1-15
- (b) 16-30
- (c) 30-45
- (d) 45-60
- (e) More than 60

23. How much of the time are you talking during these conversations?

- (a) More than 75 percent
- (b) 75 percent
- (c) 66 percent
- (d) 50 percent
- (e) 33 percent
- (f) 25 percent
- (g) Less than 25 percent

24. At home, are you a “man of few words”?

- () Yes () No

25. Would you describe yourself as a “simple and uncomplicated guy”?

- () Yes () No

26. How much do you wish your wife could just “live and let live”?

- (1) Not at all
- (2) A little
- (3) Some
- (4) A lot

27. How often?

- (1) Never
- (2) Seldom
- (3) Occasionally
- (4) Often
- (5) Practically every day

28. How much of the household income do you provide?

- (a) Less than 25 percent
- (b) 25-40 percent
- (c) 40-50 percent
- (d) 50-60 percent
- (e) 60-100 percent

29. How often do you promise to do something for your wife and not deliver?

- (a) Never
- (b) Seldom
- (c) Occasionally
- (d) Often
- (e) Practically every day

30. How often do you cook, clean, do laundry and put the kids to bed?

- (A) Cook?**
- (B) Once a month
 - (C) Twice a month
 - (D) Once a week
 - (E) Twice a week

- (A) Clean?**
- (B) Once a month
 - (C) Twice a month
 - (D) Once a week
 - (E) Twice a week

STRAIGHT TALK FOR MEN

(A) Laundry?

- (B) Once a month
- (C) Twice a month
- (D) Once a week
- (E) Twice a week

(A) Bed?

- (B) Once a month
- (C) Twice a month
- (D) Once a week
- (E) Twice a week

31. Do you think sex is something you're "entitled to" as part of the marriage contract?

- () Yes () No

32. How often do you think is the minimum frequency of sexual intercourse for a good marriage?

- (a) Daily
- (b) 3x/wk
- (c) Twice/wk.
- (d) Weekly
- (e) Every two weeks
- (f) Monthly
- (g) It depends on a lot of things

33. For the next few questions, answer how jealous or possessive (not envious) of your wife you get when she does the following things, using this scale:

- 1 = Not all
- 2 = A little
- 3 = Some
- 4 = A lot
- 5 = Extremely

- (a) () Go out with girlfriends for an evening
- (b) () Talk with girlfriends on the phone
- (c) () Spend very close time (hugging, snuggling, talking, playing) with your children

- (d) () Spend very close time with your children from a previous marriage
- (e) () Talk to other men in everyday situations (for example, a salesman at a store)
- (f) () Talk to other men at a party
- (g) () Flirt with another man at a party

34. Be really honest here. It's a typical weekday, and your partner has calmly begun to talk about herself: her day, her friends, her hobbies, her career. How long do you listen before you become bored, tune out, get angry, pretend to listen while daydreaming about your job or a sports event, or try to steer the topic back to you?

- (a) A minute
- (b) 1-5 minutes
- (c) 5-10 minutes or more
- (d) 10-15 minutes or more
- (e) More than 15 minutes

35. She's telling you about something that's bothering her. How long can you listen before offering unsolicited suggestions about what she can do to feel better or improve the situation?

- (a) A minute
- (b) 1-5 minutes
- (c) 5-10 minutes or more
- (d) 10-15 minutes or more
- (e) More than 15 minutes

36. How easy is it, usually, for your wife to change your mind or get you to do things you at first don't want to do?

- (a) Pretty easy
- (b) Easy
- (c) Maybe a little difficult
- (d) Difficult
- (e) Almost impossible

STRAIGHT TALK FOR MEN

37. How easy does your wife think it is?

- (a) Pretty easy
- (b) Easy
- (c) Maybe a little difficult
- (d) Difficult
- (e) Almost impossible

38. Your wife is really upset and mad at something you've done and boy, she's letting you know it. Do you

- (a) Shrug our shoulders and turn away
- (b) Turn on the TV
- (c) Tell her she's gorgeous when she's angry
- (d) Stare at her, apologize, explain, and hope, my God, she stops soon
- (e) Yell back even louder – that'll get her to shut up
- (f) Try to really understand what's upsetting her
- (g) Order Chinese food delivered

39. How often do you get her a card and really nice gift for her birthday, Christmas or Hanukkah, your anniversary, Valentine's Day and (if applicable) Mother's Day?

- (a) Every time
- (b) Almost every time
- (c) Most of the time
- (d) Half the time
- (e) Whoops!
- (f) Gimme a break!

40. When was the last time you treated her really special for an entire evening, as if you were still trying to win her?

- (a) This week.
- (b) This month.
- (c) This year.
- (d) Last year.
- (e) Woodstock.

Scoring; Once you have finished scoring, or at the end of the score sheet to see how well you scored.

- 1-3. A=5 points, B=4, C=3, D=2, E=1, F=0
- 4-6. A=5 points, B=4, C=3, D=2, E=1, F=0
- 7-8. 5 points for yes, 2 for no
- 9. A=5, B=2, C=4.
- 10. A=10, B=1, C=4.
- 11. "Warm bath" is 5 points, "Cold shower" is 2.
- 12. A=3, B=4, C=4, D=5.
- 13. A=0, B=5, C=0, D=6.
- 14-16. A=5, B=4, C=3, D=2, E=1, F=1
- 17. A=6, B=5, C=3.
- 18. (1) gives you 6 points, (5) gives you 3 and 10 gives you 0. Prorate the rest from there.
- 19. A=0, B=2, C=4, D=5, E=6.
- 20. Yes=5 = No=2
- 21. A=2, B=3, C=4, D=5, E=6
- 22. A=2, B=3, C=4, D=5, E=6
- 23. A=0, B=1, C, D, and E=3, F=1 and G=0
- 24. Yes=0, No=3.
- 25. Yes=0, No=3.
- 27-27. Add up your score to these two questions. If your combined score was 2, give yourself 6 points, 3-5, give yourself 5 points. 6, 3 points. If you scored 7-8, you get no points and 9, you lost 3 points.
- 28. A=3 (and another -3 if you watch any daytime TV!)
B=1, C=8 points if you and your wife are happy with this. If either one of you isn't, it's 0. D=6, E=2.
- 29. A=6, B=5, C=3, D=1, E=1.
- 30. Each A=0, each B=1, C=2, D=3, E=4, F=5.
- 31. Yes=2 (for being honest). No=5.
- 32. A, B and C=1, D, E and F=2, G=5.
- 33. On a through f, answering (3) or (4) gets a -1 and (5) gets a -3. On g. (4) get a -1 and (5) gets a -2.

STRAIGHT TALK FOR MEN

34. A=0, B=1, C=3, D=5, E=6.
35. A=0, B=2, C=4, D=5, E=6.
36. A=5, B=4, C=3, D=1, E=0.
37. A=5, B=4, C=3, D=1, E=0.
38. A, B and C=0. D and G=2, E= -3. F=5.
39. A=6, B=5, C=3, D=1, E=0, F=1.
40. A=6, B=5, C=3, D=2, E=0.

HOW YOU SCORED

190 and Above – King of Hearts.

Congratulations. Unless you have some big-time skeletons in your closet, your kids love you, your wife adores you, and everybody who knows you personally is at least slightly in awe of you. So what if you look more like Yoda than Hans Solo? Your wife wouldn't trade you in for anyone. And, though your sex life may not be especially frequent or set off fireworks all the time, it's very very good – much better, in fact, than that of the young hardbodies constantly paraded across the movie screen. You're as divorce-proof as a human being could be. Live long and prosper.

150-189 – Prince Charming. You're good. You're very good. But you still have your share of angry days, nights spent on the couch or times when your partner lies next to you, lonelier than if you were on another continent. Sure she's at fault, too, maybe more than you are. But in your heart of hearts you know you could do better, especially since you're already doing pretty well. If you did, you'd feel better than you thought you could.

100-149 – Knight in Rusting Armor.

There's trouble on your ranch. Things go from pretty good to purgatory, sometimes

in a matter of minutes. And it's happening more often these days. You're wondering how your life got to look like a bad R&B or country-and-western song.

Cheer up. The love you have with your wife or partner is still there, though it may be buried. There are just some things your mom and dad didn't teach you about keeping it alive and healthy for the long haul. With a little education, a little work, and a little luck, this song can have a happy ending.

50-99 – Love Rookie. The bottom-line: Unless you get your batting average up, sooner or later you're going to get benched. Possibly a number of times, as long as you continue to blame the women in your life for not appreciating what a superstar you are. Or maybe one of them will keep you around. But she (and probably your kids as well) will see you as strictly minor-league material in their lives.

But you definitely don't have to stay this way. You can become a star in the eyes of your wife and kids. The key, as always, is dedication, some good coaching, drop a few bad habits, and practice, practice...

Under 50 – Toad. Hope you have a team of good lawyers and lots of money to pay them. You're going to need it.

MEN ON A MISSION

WORLDWIDE MINISTRIES

Men On A Mission is a Bible-based, (non-profit organization), Christ-centered ministry dedicated to helping men become Godly influences in their homes, families, communities and the world.

As the founder of *Men On A Mission*, my goal is to reach men through:

- **education empowerment;**
- **financial empowerment;**
- **substance abuse counseling;**
- **alternative lifestyle counseling;**
- **fellowships;**
- **sports enrichment;**
- **fresh start programs;**
- **youth mentoring.**

Men On A Mission requires no dues or other financial obligations. *Men On A Mission* is, rather, supported solely through charitable contributions.

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