

Marriage Tune Up

The following takes the essence of the book **His Needs, Her Needs** by Willard Harley, and attempts to present it in an extremely concise format. While Mr. Harley is a Christian, his thesis is not Christ centered. Nonetheless, it is the best of its genre I have used, and I would recommend it to every couple as mandatory reading *before* they have problems in their relationship. The principles involved will also help rebuild faltering marriages. We must add the necessary spiritual elements, and re-center the relationship in Christ as we apply Mr. Harley's techniques to our marriages. Thus, I would add ACTIVE participation in your church as both a prerequisite and continuing activity as a necessity to achieve the desired result.

There are five "psychological needs" that men and women bring to the relationship. When these five "needs" are met, the myriad of other needs get taken care of in the process.

For the wife: These five things do faithfully and consistently to have the happiest married man in the world:

1. **Sex** - In abundance (read the book).
2. **Recreation** - Join his recreational activities.
3. **Attractiveness** - Take as much care around the home or other casual settings as you would if "company" were present.
4. **Maid Service** - Whether admitted or not men want a maid to pick up after them, and do for them without asking or their pointing out their lack of order.
5. **Admiration** - All of us want to be admired, it is part of our ego. It is mandatory in keeping a male happy.

For the husband who wants to please the love of his life, all the time:

1. **Affection** - Create a place of love and affection both in words and deeds. Remember those little "dates, events, and pet things" that please her. All hugging and cuddling does not mean sex, nor have to lead to a bed room. Break this rule and forget number one on the wife's list.
2. **Conversation** - Find two hours per day when the two of you can just "talk." Share your day, dreams, hopes, and future plans. Remember that conversation can be a bit one sided and being a good listener is as important as being a good speaker.

3. **Honesty** - Be open and honest in all your ways. Share your heart without reservation. Say what you mean, do what you say. ABSOLUTELY no deceptions in a marriage.

4. **Money** - Most women are not as concerned with the amount of money, as the sureness to be able to meet family needs. Don't risk the farm on a sure thing, it will not be as "sure" from the female perspective.

5. **Family** - Be committed to the family. This means being willing to lay aside personal desires for the good of the family and not I love my family and will die for it. When given the choice, you willingly and happily choose to be involved in family activities rather than those that bring pleasure to you alone.

I am sure this doesn't do justice to Mr. Harley's material, and at best is a paraphrase of the terms and words he chose to express this material. I cannot over emphasize the need to read his book to obtain the in-depth understanding of these areas needed to consistently apply them. However in practice, these RXs to the couple when applied will bring the respite from the storm needed to garner our resources and apply more complete coverings for the wounds we all seem so determined to inflict upon each other, ourselves, and our relationships.

Adapted by: Dr. Chuck Baynard