

# TEN WAYS HUSBANDS CAN DESTROY THEIR MARRIAGE

- 1. Be grumpy and irritable.** Whine, mope around, and do your best complaining. Don't smile, laugh, or enjoy anything. Snap back at any comments she makes and always respond with something rude. Complain loud and clear and often. The grumpier you are to her, the better.
- 2. Criticize your wife.** The more you complain about her, the more your beloved will feel how unworthy she is. The goal here is to put down your partner, make her feel worthless, make her feel she does not measure up to others. Make sure you do not utter any compliments or express kindness and care.
- 3. Be your most unattractive self.** Do not take care of your body. If you are dirty, sloppy, have greasy hair, and smell really bad, chances are pretty good you won't be having much romance anytime soon.
- 4. Don't be attentive to her whatsoever.** Do not show any interest. Ignore her. Act like you don't hear her when she asks you something. Stay really busy with work or hobbies. Attend to neighbors, activities, or anything so long as you are not attending to your beloved.
- 5. Compare her to some fantasy ideal.** This is important. The way to make your partner feel really bad is to remind her how much she does not fulfill your fantasies. Let her know that she does not have the right body, does not make enough money, or does not come close to the "wonderfulness" of some other fabulous person you know.
- 6. Don't be playful, lighthearted, or enjoyable.** Laughter, sexy teasing, and flirting are out of the question. Remember, the more fun you are the more likely she will be attracted to you, so make sure you are miserable to be around and absolutely no fun whatsoever.
- 7. Don't be helpful, or do any nice little things to show her you care.** If you show her you care, then she may feel appreciation and start expressing love and gratitude. This can hinder that distance you've been maintaining. Doing kind and loving acts will bring you closer to one another so do what you can to be thoughtless and inconsiderate.
- 8. Make sure your bedroom is a complete mess.** Make sure the TV is blasting, laptop is on the nightstand to resume a project, a cell phone is nearby to take some calls, and your Blackberry is handy, in case you need something. The more distractions the more your partner will know you do not really want sexual intimacy, but only a minute or two of their time for sex.
- 9. Keep your environment free from romance and serenity.** Under no circumstances have romantic music playing, candles burning, lovely smells, or anything that may stimulate feelings of care or intimacy. The more your home environment is free from anything that brings peace and joy to your home, the better.
- 10. Under no circumstances express and show love.** Do not let your wife know how much you love her. Do not remind yourself of all the great qualities she has. Do not reflect on the good things, the good times, the good memories. Do not speak of your love, do not express your love, and do not show your love. Keep it hidden. Keep your love a secret, and if you can forget about it, great.

## **TEN THINGS HUSBANDS CAN DO DAILY TO KEEP THEIR MARRIAGE ALIVE**

1. Give your wife a compliment.
2. Kiss her for at least ten seconds. (All at once or more than ten kisses).
3. Express gratitude for something specific she's done.
4. Look into her eyes for more than ten seconds.
5. Flirt. No, really—seriously flirt. Like you did when you first met her.
6. Remember a fabulous memory you shared together.
7. Rededicate yourself to God, your marriage, and to her.
8. Do something nice for her, just to make her happy.
9. Be your best self by allowing Christ's best through you.
10. Say, "I love you"—out loud.