

Top 10 Things Husbands Want From Their Wives

By Sheri & Bob Stritof, About.com Guide

In no particular order, here are ten things that many husbands want from their wives. Note that these are "wants" -- not emotional needs. As individuals, we are each responsible for filling our own emotional needs.

We believe that the four basic emotional needs are the need to be loved and to love; the need to belong; the need for a good self-image; and the need for autonomy.

1. Believe in His Capabilities

Many men believe it is important for them to protect and provide for those they love. Let him know that you believe in his talents and skills and are supportive of him.

2. Understanding

One of the ways you can both tell and show your husband that you want to understand him is by making a commitment to daily dialogue with him. Daily dialogue only takes 20 minutes out of your day. Isn't your husband worth 20 minutes each day?

3. Affirmation of His Accomplishments

Most guys like to be patted on the back. Compliment your husband often. Just don't over do it with sickly sweet oozes of how great he is. That type of affirmation will backfire.

4. Acceptance

Many husbands are hurt and angered when their wives try to change them. Realize that the only person that you can change is yourself.

5. Less Chatter

If your husband is tired, or involved with a project, and you really want to talk to him about something, get to the point. If he wants the details of the topic, he will ask for them.

6. Affection

Hold your husband's hand in public, leave a message of love on his voice mail, massage his shoulders, give him an unexpected kiss. Men like to be romanced too!

7. Respect

Show respect for your husband by not making negative comments about his thoughts and opinions, by being considerate of his plans, and by avoiding the "eye roll" when listening to him.

8. Free Time

Most everyone has a desire for some quiet time alone, and time to re-energize, regroup, and reconnect. When your husband first gets home from work, allow him some free time to unwind. Don't over-schedule his days off with projects around the house.

9. Trust

Trust is vital in the success of a marriage. If you are having doubts about your husband and find it difficult to trust him, seek counseling and not spying.

10. To Be a Companion

Hopefully, you can say that your husband is not only your lover, but also your friend. Staying friends and companions through the years requires that you find ways to make time together and to do things together.