

The No. 1 Way to Eliminate Tension From Your Relationships

As I talk with women, it seems that we all have a common battle in marriage.

It's a desire we have to have our needs perceived and met without us having to communicate them. We feel appreciated, noticed, accepted and validated when someone sees our struggle and reaches out with a helping hand, a shoulder to cry on or a listening ear.

Somehow we feel that communicating this need invalidates our emotions.

And this works most times with our girlfriends.

But with our husband it rarely works.

What usually happens in marriage is, as our needs go unmet, our feelings get hurt. We feel unimportant, unnoticed and unappreciated.

As the tension rises, our husbands feel at a distinct disadvantage.

God didn't create them with the same intuition with which He created women. Reading signals and trying to get them correct—while avoiding potential landmines that will result in tears—makes them feel intimidated and insecure.

As women, we can bring greater peace into our homes by laying down our right to have our needs met without communicating them, and we can allow our husbands to meet our needs—as they want to do, thereby avoiding tension in the home.

In the end, everyone's needs are met and our home is a safe and joyful haven for all!

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