



A Woman Needs: UNDERSTANDING

She'll Feel You're Trying to Understand Her When...

- ☐ you listen and can repeat back what she said.
- ☐ you don't try to "fix her problems" unless she specifically asks for a solution.
- ☐ you try to identify her feelings.
- ☐ you never dismiss her feelings, no matter how illogical they may seem to you.
- ☐ you say, "I appreciate your sharing that with me."
- ☐ you don't interrupt her when she's trying to tell you how she feels.
- ☐ you apologize and admit you were wrong.
- ☐ you cut her some slack during her monthly cycle.
- ☐ you see something that needs to be done and you do it without a lot of hassle.
- ☐ you express appreciation for all she does: "Honey, I could never do you job."
- ☐ you pray with her and for her.

This handout is an excerpt from the book. **Love and Respect** by Dr. Emerson Eggerichs (ISBN 1-59145-187-6).
This handout is to be solely used for nonprofit educational purposes.