

# 25 Ways to Express Love to Your Wife

Douglas R. Flanders, M.D.

The key to a successful marriage is putting your spouse's needs ahead of your own. Here are 25 practical suggestions gleaned from 25 years of happy marriage.



1. **Listen** - To be truly heard is the longing of every human heart; your wife is no exception.
2. **Communicate** - Don't make her guess what you are thinking or feeling.
3. **Sing Her Praises** - Brag about her good qualities and quietly pray about her bad ones.
4. **Pray For/With Her** - This keeps her needs at the forefront of your heart and mind.
5. **Value Her Individuality** - Your wife is wonderfully unique. Don't make comparisons.
6. **Put the Seat Down** - A little consideration goes a long way.
7. **Throw Dirty Clothes in the Hamper** - Don't act like your wife is your personal maid.
8. **Turn Off the T.V.** - Consciously set limits on your tube-time, whatever form it takes.
9. **Loosen the Purse Strings** - Your wife is well worth the occasional splurge.
10. **Practice Servant-Leadership** - Model Jesus Christ, not Joseph Stalin.
11. **Intimacy is a Two-Way Street** - Make it as pleasurable for her as it is for you.
12. **Give Her Time to Herself** - Everyone needs an occasional break to rest and recharge.
13. **Set Aside Couple Time** - Whatever gets the two of you alone on a regular basis.
14. **Be Careful with Female Friendships** - Not all affairs are physical ones.
15. **Use Good Hygiene** - Clean up a little; I promise it won't kill you.
16. **Limit the Gross Stuff** - Good manners are always a win.
17. **Be Patient** - In whatever way this applies to you and your situation, apply it.
18. **Cherish Her Children** - Kindness to them counts as kindness to her.
19. **Choose Her Over Hobbies/Buddies** - When forced to pick, always choose her.
20. **Provide for Her Needs** - Often the effort is as important as the outcome.
21. **Dial Down the Anger** - Every outburst or flare-up is a relationship setback.
22. **Cut Out the Condescension** - Speak to your wife as a respected colleague.
23. **Actively Seek Your Wife's Insights** - Give her input a preferential place in decision-making.
24. **Learn to Forgive** - Forgiveness is at the heart of every meaningful relationship.
25. **Verbally Express Your Love** - Women still like to hear it spoken.