

Future Husbands and Cheerleaders: A Review of OMI's Cheerleader and Meghan Trainor's "Dear Future Husband"

Meghan Trainor's song ["Dear Future Husband"](#) and OMI's song ["Cheerleader"](#) have striking similarities. Musically they are both fun and upbeat songs. Both songs engage with the idea of marriage and outline what they expect and value in their potential spouse. However, the two songs offer conflicting ideas of what a good husband and wife look like. It is almost comical that "Cheerleader," from a man's perspective, describes the potential wife as a mere cheerleader and "Dear Future Husband," from the woman's perspective even if only satirically, [\[1\]](#) describes the potential husband as a mere servant. That brings me to the final comparison: both songs expect the spouse to be an aid in providing whatever the artist desires.

However, there are some truths hidden in these songs about the role of husband and wife in marriage that can best be understood and even celebrated through a biblical understanding of marriage.

Marriage as a Deal

Meghan Trainor's song "Dear Future Husband" is basically a list of criteria that a man must accomplish or agree to before he is allowed to marry her. The song introduces the list by remarking "Here's a few things you'll need to know if you wanna be my one and only all my life." Trainor spells out examples of what she expects from her husband including

taking her on dates, telling her she is beautiful, not correcting her, apologizing, buying her a ring, opening doors for her, and even letting her sleep on the left side of the bed. Then of course she adds the the catch-all requests such as “be a classy guy,” “treat me like a lady,” and “love me right.”

The song also outlines what he will get in return as a reward if he does everything right. She will only “be the perfect wife,” buy groceries, give “some kisses,” be his “one and only all [her] life,” give “that special loving” if he does exactly what she asks of him. Additionally, he will have to expect that she will be crazy (at least some of the time), she will correct but not be corrected, she will not cook, and they will favor her extended family over his. What a deal! And unfortunately that is exactly what marriage is conflated into—a deal, an exchange.

Most of these actions are pretty standard ways men show love to their wives. However, men should not and likely do not perform the acts because of a contractual agreement or because of expectations. How can this man show true unconditional and sacrificial love to his wife if he does these actions out of duty or hope of reward?

This marred picture of marriage is so faulty because it offers a picture of marriage that is a one-sided willingness to be served by her husband and then only serve him as a response. Even though the song lists loving actions in marriage, this picture of marriage is ultimately selfish, conditional, manipulative, and loveless.

Marriage as a Cheerleader

Looking to “Cheerleader,” the song offers a more hopeful and less distorted picture of marriage—however, we are still left wanting. The future wife in OMI’s song is a woman characterized by her support, affection, strength, physical beauty, readiness to serve, and faithfulness. All these

attributes are biblically commendable and should even be sought after. Yet, what does OMI, as the future husband, offer to her? Fidelity and sex. In contrast to Trainor's song, here the husband remains rightly faithful and offers sex because he values his wife so much, especially her ability to support him.[\[2\]](#)

However, again the picture seems woefully incomplete. The song portrays a limited picture of women by reducing his future wife to only a handful of attributes that benefit him. His wife should be more than a mere cheerleader. She is simply a tool he can pull out whenever he wants or needs her. The song further reduces—and in some ways even dehumanizes—her by focusing on the services she can offer him. As a result, she is not represented as her own person with her own needs and desires.

Marriage as a Picture of Unity



Ultimately marriage is a picture of Christ and the Church—a picture both songs catch a small glimpse of. When Trainor in “Dear Future Husband” desires (albeit via demand) for her husband to show her love by serving her and affirming her, she desires something that is biblical. Husbands are called to nourish, cherish, honor, embrace, protect, and love their wives.[\[3\]](#) Having biblical standards in what to expect in a husband is what God wants, but not through demands and deals.

OMI also desires legitimate attributes in his wife. He values a wife who will support and affirm him. In Genesis God created woman with Adam's need for companionship and assistance in mind.[\[4\]](#) Proverbs 31 describes an excellent wife as a woman who is strong, trustworthy and praiseworthy.[\[5\]](#) However,

Proverbs 31 does not just define an excellent wife in those terms; the excellent wife is generous, wise, skilled, dignified, and uses her time buying, selling, trading, and providing for her entire household. So when OMI seeks an excellent wife, he gets a cheerleader—but if he were to look for a biblically defined wife of excellence then the proverb would ring true, that “he who finds a wife finds a good thing and obtains favor from the Lord.”[\[6\]](#)

But neither artist has the full picture. Marriage is not an exchange of services—yes, spouses should serve each other; not out of duty but out of a thankful and loving heart. The element that is missing from both songs is the true and complete needs and desires of the opposite spouse. However, both songs together offer a fuller picture of what each spouse needs and desires. Ephesians 5 commands husbands to love their wives, something Trainor focused on, and for wives to respect their husbands, as OMI touched on through valuing affirmation from his wife.[\[7\]](#)

Genesis describes marriage as becoming one flesh, and following that theme Paul in Ephesians calls husbands to “love his wife as himself.”[\[8\]](#) By being one flesh, spouses should see their separate wills as one unified will and their separate body as one body. Paul writes that concerning this idea of unity, “For the wife does not have authority over her own body, but the husband does. Likewise the husband does not have authority over his own body, but the wife does.”[\[9\]](#) This picture of marriage is strikingly different from the deal-making, manipulating, and self-serving marriage according to Trainor and OMI.

The true beauty and blessing in marriage for the Christian, is ultimately that marriage is a picture of the relationship between Christ and the Church. Again in Ephesians, Paul refers to marriage by writing, “This mystery is profound, and I am saying that it refers to Christ and the church.”[\[10\]](#) When a man and a woman marry, they symbolize unity that is fully

complete between Christ and His people.{11}

However, because of our sin we were incapable of being united with Christ. In order for Christ to marry his Church he had to make us clean and even righteous. Christ accomplished this by taking our place and dying on the cross for our sins so we might receive the righteousness of Christ. In that way, when God the Father looks down at His Church He sees a people who are flawless and thus fitting to be united with His son. Christ is the perfect husband, and when we are complete in our glorification, we will be the perfect wife as the Church.

Marriage as a Broken Picture

Yet our marriage is only a picture—a flawed and imperfect picture. Husbands abuse wives, wives undermine their husbands, and spouses cheat on each other which can all lead to separation and divorce. God did not intend marriage to be plagued by sin, and divorce and pain was not in his design.{12} However, we did sin and as a result sin has damaged our relationships, including marriage, in a deeply painful way.



Nevertheless, God still works to better our marriages. He sent the Holy Spirit to help believers in the process of sanctification—which is making us more like Christ. Both songs lack a place for sanctification. Trainor does not want to be confronted and OMI only wants to be affirmed.

But marriage is made for more than just affirming the good and ignoring the bad. Because men and women are different yet compatible, God uses marriage to aid in the process of making us more Christlike. Women tend to be more relational and emotional and men tend to be more protective and provisional.

In marriage, the wife can learn from and value her husband's strengths and the husband can learn from and value his wife's strengths, as co-heirs with Christ. And when one spouse has wronged the other they can and should go to each other for confession, repentance and reconciliation that will result in more unity and ultimately aid in their sanctification.

With the power of the Holy Spirit working in us, even in our sinful state, we can still strive to symbolize our unity in Christ in our marriages. Married Christians should continually search the Bible for insight and direction on how to better serve and love their spouse. However, both married and single Christians all wait expectantly for the glorious wedding feast celebrating our unity to Christ.

Notes

1. There has been some debate about whether or not Trainor's song is supposed to be understood as a satire. I am more inclined to think it may be hyperbolic but I think it might be too generous to call it a satire. However, most conclude that if it is meant to be satirical it does not skillfully convey that message. For more of this conversation simply google "Dear Future Husband sexist satire" and you should have plenty of articles to start on.
2. Fidelity and sex should both be a fundamental part of a biblical marriage. See Hebrews 13:4.
3. Ephesians 5:28-29, 1 Peter 3:7, and Proverbs 4:7-9. All Bible verses are in the English Standard Version.
4. Genesis 2:18.
5. Genesis 2:18, Proverbs 31:10-11, 17, 28.
6. Proverbs 18:22.
7. Ephesians 5:33.
8. Genesis 2:24 and Ephesians 5:33
9. 1 Corinthians 7:4.
10. Ephesians 5:32.
11. Because marriage is a picture of the reality of our unity in Christ that is not yet fully realized, we value and guard

the sanctity of it. That is why as Christians we should be mournful at the distortions of marriage such as divorce or homosexuality. Distortions in marriage are so offensive because they distort the truth that marriage is supposed to reflect. Because marriage should be highly regarded and protected the Bible uses harsh language when speaking about sexual immorality and divorce (For example, see Malachi 2:16 for severity of husbands not loving their wives).

12. See Matthew 19:6 and 1 Corinthians 7:10-11.

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“I Have Questions about the Marriage Test”

I took the [Marriage Test](#) by Kerby Anderson. A couple questions....

1) On the age question (#7), how do you score if you are between 30 and 40 years of age?

2) If this is my 2nd marriage to the SAME PERSON, how do I score question #3?

3) Again, considering this is my second marriage to the same person, how do I add up years married (#8)? We made it 7 years the first time, 5 years this time, but were pretty involved in each other's life during the 5 years we were divorced.

4) Question # 11 asks about agreeing with each other's attitudes. I think we do mostly agree, it is just usually a long, verbal battle to figure that out.

This was a very interesting test. I am anxious to see how to

score those questions listed above.

Thank you for your e-mail. The marriage test we aired is based on the work of Howard Markman at the University of Denver. I assume that it will eventually be put in a book and will then answer some of the questions you are asking.

In the mean time, let me do my best to guess what the answers to your questions might be to the marriage test.

1. On the age question (#7), I assume you would receive 0 points if you are between 30 and 40 years of age. You receive a -1 if you are under 30. You receive +1 if you are over 40, and you receive +2 if you are over 60.

2. On the previous marriage question (#3), I assume you would still give yourself a -1 because you had a previous marriage even though it was to the same person.

3. On the years of marriage question (#8), I assume you would add up the total years married to the same person. In your case, that would be 12 years. Of course, if you want to add the 5 years you were divorced then the number would be 17 years. It wouldn't make any difference in the score you would give your marriage.

4. On the conflicting attitudes question (#11), you would probably assume that you mostly agree with each other (+2 points) even if it takes awhile to reach agreement. If the conflict is too strong, then perhaps you should give your marriage 0 points.

Thank you for writing. I hope this helps.

Kerby Anderson
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The Proper Care and Feeding of Husbands: A Christian View

Sue Bohlin looks at this important book from a distinctly Christian perspective. Filtering the advice through a biblical worldview increases the purity and strength of the message on how to minister effectively to your husband.

Why We Need This Book

Talk show host Dr. Laura Schlessinger has written a book that is improving thousands of marriages: *The Proper Care and Feeding of Husbands*.^{1} We need this book because millions of wives either don't know how to love their husbands wisely and well, or they're too self-centered to see it as important. Dr. Laura credits this dismal condition to forty years of feminist philosophy, "with its condemnation of just about everything male as evil, stupid, and oppressive, and the denigration of female and male roles in families."^{2} While the women's movement certainly had a hand to play in the disintegration of relationships and the family, I believe the core cause is our sinful self-centeredness, just as the Bible says.^{3}

Which is why we need help, and God instructs older women to train younger women to love their husband and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.^{4} *The Proper Care and Feeding of Husbands* is a great resource for learning these important values and skills.

God gives us great power as women. Dr. Laura says, "Men are borne of women and spend the rest of their lives yearning for a woman's acceptance and approval. . . . Men admittedly are

putty in the hands of a woman they love. Give him direct communication, respect, appreciation, food and good lovin', and he'll do just about anything you wish—foolish or not.”[\[5\]](#)

We'll be looking at these aspects of the proper care and feeding of husbands in this article, starting with a man's need for *direct communication*.

- We can improve on communication by doing it less. God made us verbal creatures, which can frustrate men with the overwhelming amount of our words. Instead of expecting her husband to be a girlfriend (and men make wonderful husbands, but not girlfriends), the wise wife selects for true connecting value, gives the bottom line first, and chooses her timing well.
- Men make terrible mind readers, so be direct. Dropping subtle hints doesn't work with most men, and it doesn't mean a man is insensitive, uncaring, or oblivious.
- Spell out whether you want help and advice, or if you're just venting. God made men to want to be our heroes, so understand you can frustrate him if he can't fix what's hurting you because all you want is someone to listen.
- And finally, take whatever he says at face value. Women tend to overanalyze men when they are just not that complicated.

Respect

A listener to Dr. Laura's radio show named Edgar wrote, "There are a few things that men want so bad they would do anything for it. I think a good number of men want respect more than love. They like to feel they have some power. I nearly cry when you tell a woman caller to respect her husband. There is so much selfishness in the world—in marriages. Prosperity has allowed women to be so independent, and thus so selfish. I always feel as though I come last—my feelings come last, my

needs come last.”{6}

“A good number of men want respect more than love.” God knew this when He made us. His commands to husbands and wives in Ephesians 5:33 reflects each one’s deepest needs: “Each one of you also must love his wife as he loves himself, and the wife must respect her husband.” Dr. Emerson Eggerichs of LoveandRespect.com points out that this verse commands a husband to love his wife. Why? She needs love like she needs air to breathe. This same verse commands a wife to respect her husband. Why? He needs respect like he needs air to breathe.{7}

- Respect means treating someone in a way that builds him up and doesn’t tear him down, never denigrating or attacking.{8}
- Respect means always treating the other person with the dignity they deserve as a person made in the image of God.
- Respect means grasping that a man’s needs and wants are every bit as valid and important as a woman’s needs and wants.
- Respect means not venting to others, *especially* the children. One woman wrote to Dr. Laura, “No emotional outlet is worth damaging my husband’s reputation.”{9}

There are three A’s that men long for from their wives: attention, affection, and affirmation. Respect involves paying attention to what they do simply because they’re the ones doing it.

Respect means allowing the other person to be different and do things differently than you. One repentant wife told Dr. Laura, “And in the end, it doesn’t much matter that they eat PBJ sandwiches for breakfast, lunch and dinner for a day or that one tooth brushing gets overlooked or whatever little thing that used to set me off!”{10}

One way to give respect is to give grace instead of resenting

the things he does that complicate your life (like leaving drinking glasses in the living room or clothing on a chair). Ask yourself, “Is he *intentionally* doing this to bug me? To make my life difficult? If he were to die tomorrow, what wouldn’t I give to have him back leaving these things out?”

Appreciation

Ask any woman what she wants, and near the top of her list she’ll tell you, “I want to be acknowledged and appreciated for the things I do.” Well, men want the same thing!

A man named Evan wrote to Dr. Laura: “My wife feels that if she doesn’t remind me again and again, something won’t get done. But the fact is, it makes me feel like her child and that Mommy needs to check up on me. It’s degrading. I want to be admired. I want to be acknowledged for being the breadwinner and making sure that we are all well taken care of. My greatest pleasure is when I feel like her hero. Like her ‘man.’ Not her boy.”[\[11\]](#)

It doesn’t matter what a husband’s primary love language is, every man wants to be shown appreciation for who he is and what he does.

I love to suggest to young wives and mothers, “Keep a gratitude journal to help you be on the lookout for the things your husband does that you appreciate. Every night, write down three things you noticed. And then *tell him* the kinds of things that are in your book!”

- Thank him for going to work every morning even when he doesn’t feel like it.
- Thank him for being faithful to you.
- Thank him for loving you.
- Thank him for giving you children—or even desiring to.

- Thank him for taking out the garbage, and changing the oil in your car, and mowing the yard.
- Thank him for bringing home his paycheck and not spending it on gambling or booze or drugs or women.

And then there's the opposite of appreciation. The universal complaint of men who e-mailed Dr. Laura about her book "was that their wives criticize, complain, nag, rarely compliment or express appreciation, are difficult to satisfy, and basically are not as nice to them as they'd be to a stranger ringing their doorbell at three A.M.!"[{12}](#) So allow me to make some suggestions:

- Request, don't demand. Demanding is rude and disrespectful.
- Don't nag. If you have to ask more than once, ask as if it were the first time you were making the request.
- Keep your mouth shut about things that don't matter. Ask yourself, is this the hill you want to die on?
- Don't be controlling—which is micromanaging. Dr. Laura wrote, "When women micromanage, their husbands give up trying to please them, and then the wives complain that their men don't do anything for them."[{13}](#)

Proverbs says, "Kind words are like honey—sweet to the soul and healthy for the body."[{14}](#) (This is truer no place more than in marriage.) Let your words be kind and full of appreciation.

Support

A man named Roy wrote to Dr. Laura with some good advice for wives: "If you can't accentuate the positive, at least acknowledge it. The world is full of messages to men that

there are standards we don't meet. There is always another man who is more handsome, more virile, or more athletic than we are. None of that matters if the most important person in our life looks up to us, accepts us as we are, and loves us even though we aren't perfect. . . . All I know is that the husband who has a wife who supports him and praises him for the positive things he does is the envy of all the other men who have to live with criticism, sarcasm, and constant reminders of their failures."

[{15}](#)

Men desperately want and need the support of their wives. This is reflected in what God reveals in His Word when He says, "It is not good for man to be alone. I will make a helper suitable for him."

[{16}](#)

And through the apostle Paul, God instructs wives to relate to their husbands in a way that meets this need when He says, "Wives, submit to your husbands as to the Lord."

[{17}](#)

Submission is basically giving support with a willing, cooperative heart.

A wife's submission includes knowing her gifts and strengths, and using them to serve her husband and family.

Service has a bad name, but both husbands and wives are called to serve God first and then each other; husbands are called to sacrificially love and serve their wives with Jesus as their pattern.

[{18}](#)

So what does support look like?

- Believing in him. Telling him, "You have what it takes." Being his #1 fan.
- Cultivating a cooperative heart.
- Being generous and openhearted—willing to use your gifts and strengths to help him succeed.
- Understanding the importance of making him look good: never

saying anything negative in public.

- Creating a home that's a safe haven from the world.
- Having a warm heart with a positive, cheerful demeanor. Women set the temperature of the home; we are thermostats, not thermometers, of the family. (On the other hand, Proverbs says "A quarrelsome wife is like a constant dripping on a rainy day; restraining her is like restraining the wind or grasping oil with the hand."[{19}](#))
- Being interested in him and his life.
- Showing thoughtfulness. What does he like? Do it.
- And though by no means exhaustive, it also means being a person of faithfulness and integrity. That means keeping your promises and being dependable. As Proverbs 31 puts it, "Her husband has full confidence in her and lacks nothing of value."[{20}](#)

Good Lovin'

Dr. Laura writes that men need to feel the approval, acceptance and attachment from their women that comes from physical intimacy.[{21}](#) For women, emotional intimacy leads to physical intimacy. For men, it's the other way around; physical intimacy is the key to opening their hearts.

A man named Chris writes: "I don't understand why women don't understand that sex is a man's number one need for his wife. It's not just the act and sensation of pleasure, but it's the acceptance by a woman of her man. There's a communion that happens during intercourse that will bond a man to his woman, and he in turn will then begin to give of himself emotionally to her."[{22}](#)

Wives can discover that giving themselves sexually to their husbands with a warm, open-hearted, loving spirit, can be the

most effective encouragement to getting their husbands to open up emotionally.

“What attracts men to women is their femininity, and femininity isn’t only about appearance, it’s also about behaviors. Looking womanly and behaving sweetly and flirtatiously are gifts wives give to their husbands.” We see this modeled in the Song of Solomon, where the King’s bride displays her feminine charms in a holy seduction of her husband, and the way she tells him what she loves about his body. [{23}](#)

Instead, our culture has things backward; many unmarried girls and women flaunt their bodies with a total lack of modesty or propriety. Once they marry, it’s flannel nightgowns, wool socks, and no makeup.

Dr. Laura calls wives to give themselves sexually to their husbands, even when they don’t feel like it, as an act of love. It’s really no different, she points out, than the fact that they expect their husbands to go to work and earn money to support the family even on days they don’t feel like it.

She’s echoing what God said in 1 Corinthians 7 about husband and wife both fulfilling their marital duty to each other because each one’s body belongs not just to themselves but to each other. He also said not to deprive each other for extended periods of time lest we be tempted.

Consider the wisdom of radio listener Herb: “Sex is to a husband what conversation is to a wife. When a wife deprives her husband of sex for days, even weeks on end, it is tantamount to his refusing to talk to her for days, even weeks. Think of it that way, wives, and realize what a deleterious impact enforced sexual abstinence has on a good man who is determined to remain faithful.” [{24}](#)

I can’t recommend *The Proper Care and Feeding of Husbands* highly enough. In fact, I gave a copy to my new daughter-in-

law! Let me close with one more piece of wisdom from Dr. Laura: “[M]en are simple creatures who come from a woman, are nurtured and brought up by a woman, and yearn for the continued love, admiration and approval of a woman. . . Women need to better appreciate the magnitude of their power and influence over men, and not misuse or abuse it.”[\[25\]](#) Amen!

Notes

1. Laura Schlessinger, *The Proper Care and Feeding of Husbands*, New York: HarperCollins, 2004.
2. Schlessinger, 3.
3. Jeremiah 17:9
4. Titus 2:4
5. Schlessinger, xvii.
6. Schlessinger, 1.
7.
<http://www.loveandrespect.com/Articles/article.asp?aid=43&cat=1>
8. Schlessinger, 157.
9. Schlessinger, 159.
10. Schlessinger, 158.
11. Schlessinger, 31.
12. Schlessinger, 37-38.
13. Schlessinger, 57.
14. Prov. 16:24
15. Schlessinger, 47-48.
16. Gen. 2:18.
17. Eph. 5:22, 24.
18. Eph. 2:25, 28.
19. Prov. 27:15.
20. Prov. 31:11.
21. Schlessinger, 25.
22. Schlessings, 129.
23. Song of Solomon 5:10-16
24. Schlessinger, 119.
25. Schlessinger. 10.

Trash Your Marriage in Eight Easy Steps – A Christian Perspective

Sue Bohlin helps us take a biblical perspective on eight activities and attitudes that will tear down our marriage. Fortunately, she also provides us eight Christian alternatives that will help build up our marriages.

The divorce rate is at an all-time high, and marriages are falling apart everywhere you look. Marriages of church-going people are crashing and burning especially fast. There are forces in our culture that contribute to marriage stresses such as pornography, the prevalence of drivenness, two-career families, and the dynamics of the blended family. But people also make foolish choices to destroy their marriages from within.

Talking about the family, Proverbs 14:1 says, “The wise woman builds her house, but the foolish tears it down with her own hands.” Ephesians 5:28 exhorts husbands to love their wives as their own bodies, nourishing and cherishing them. God’s plan is that we treasure and cultivate our marriages, but it’s very easy to trash them instead. Let’s take a tongue-in-cheek look at eight ways that people trash their marriages.

Be Selfish

The first step is to *be selfish*. My pastor once said that the AIDS of marriage is justified self-centeredness. Everything

needs to revolve around you because, let's face it, you *are* at the center of the universe, right? If you find something you like to do that ignores your spouses' feelings and interests, go ahead and do it! Too bad if they don't like it! You only go around once in life, so grab for all the gusto you can get!

Always insist on having things your own way. If you don't get your own way, throw a tantrum. Or freeze your spouse out. Get your kids involved in this game by saying things like, "Would you please ask your father to pass the salt?" Don't be afraid to withhold sex if your spouse isn't letting you have things your own way. There's a *lot* of power in that, so don't waste it!

If there's only enough money in your budget for what one of you wants, make sure you get what *you* want. Especially if you're the wage earner, or if you make more than the other. Money is power, and don't be afraid to use it against your spouse!

Make demands instead of requests. Wives, let your husband know that he *will* do things your way, or you'll make his life miserable. Husbands, when you want your wife to do something, just *tell* her to do it. "Please" and "thank you" are for the kids. This is your spouse you're talking about—they don't need it. Save all your courtesy for strangers; don't waste it on the person you said you'd spend the rest of your life with.

What we really mean to say:

Selfishness is guaranteed to hurt marriages, so ask for God's help in putting your husband or wife ahead of yourself so you *don't* trash your marriage.

Pick at Each Other

The second step is to *pick at each other*. If you know that something you do annoys your spouse, be sure to do it often. And intentionally. When she complains about it, tell her to

buzz off, it's not as annoying as the stupid things she does to bug *you*. The more childish the annoying habit, the better.

Be critical of the smallest thing the other one says and does. Don't let your spouse get away with anything! Stay vigilant for every little offense. Be sure to address these small details with an air of superiority . . . unless it works better for you to act like a martyr, as if you deserve the Nobel Prize for putting up with someone who doesn't squeeze the toothpaste from the end.

Always get the last word when you're arguing. Dr. Phil McGraw has said that the most accurate predictor of divorce is when people don't allow their partners to retreat with dignity. So make your spouse feel whipped and defeated at the end of a fight. As long as you win, that's what matters.

Let The Kids Be More Important

A third step to trashing your marriage is to *let the kids become more important than your spouse*. Moms, make your husband feel left out of the intimate, secret relationship between you and your baby. As the baby grows, continue to draw the line where it's you and your child on one side, your husband on the other. Keep your Mommy hat on all day and all night. Your kids don't care if your hair is brushed and if you put on perfume and a little makeup before Daddy comes home, so why should he?

Dads, invest all your energies into making your child succeed at what he's good at, or what you *want* him to be good at. Squeeze out Mom so that you will be your kid's favorite parent. Work so hard on homework and school projects that there's no time for family time.

Let the kids and your other priorities crowd out your "alone together" time. Date nights are for unmarried people! In order to be fulfilled as a person, it is essential to invest all

your energies in parenting, career, housework, church commitments and hobbies, so don't worry if there isn't enough time left over for the two of you. It's no big deal. There's always tomorrow. Or next year.

What we really mean to say:

Hey! If you find yourself doing these things, *stop!* You don't have to trash your marriage!

Show Disrespect

Show disrespect for your spouse, especially in public. One of the best ways to disrespect your partner is ugly name-calling, especially about things he or she can't change. However, the old standbys of "stupid," "fat," "ugly," "weak," and "loser" are always effective, too.

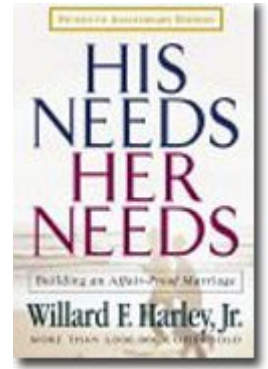
Complain about your spouse to your friends. It's even more powerful if you do it in front of your spouse. Then, if he objects, punch him in the arm and say, "I'm just kidding! You take everything so *seriously!*"

There are a number of ways to show disrespect with nonverbal communication. Roll your eyes, cluck your tongue, narrow your eyes in contempt. The heavy sigh is a real winner, too.

Wives: Straighten out your husband when he makes a mistake, especially in front of others. Lecture him. Ridicule him: his feelings, his behavior, his dreams, his thoughts. Do everything you can to emasculate your husband. Husbands: Let your wife know you think your opinion is better than hers. Interrupt her when she's speaking.

Refuse to Meet Emotional Needs

Another easy way to trash your marriage is to *refuse to meet your spouse's emotional needs*. Men and women need different things from their life partners. Dr. Willard Harley discovered and examined a pattern in his excellent book *His Needs, Her Needs*. Husbands' top needs, it turns out, are: first of all sexual fulfillment; second, recreational companionship; third, an attractive spouse; fourth, domestic support; and fifth, admiration. Wives, if you want to trash your marriage, ignore his need for sex and that you be there for him in leisure time. Blow off his desire that you look your best and he can be proud that you're his wife. Make your home as stressful and chaotic as you can, and never, ever tell him what you admire about him.



Wives' top needs are: first of all affection; second conversations; third, honesty and openness; fourth, financial commitment; and fifth, family commitment. So guys, if you want to trash your marriage, don't show your wife you love and appreciate her. Don't talk to her. Close off your heart to her. Make her constantly worry about finances. Don't be a faithful husband and father.

Dr. Harley's got a Web site, MarriageBuilders.com, that has a lot of good, practical information for building strong marriages, so you'd better stay away from there if you're not interested in being intentional and constructive!

Remember, we're being tongue-in-cheek here. We want you to *build* your marriage, not *trash* it!

Treat Your Friends Better than Your Spouse

The sixth easy step to trashing your marriage is to *treat your friends better than your spouse*. Since a lot of men unfortunately don't even have friends, this is something women

tend to do more. Women know how to treat their girlfriends. They call them up just to encourage them. They drop off flowers for no reason. They send them cards, and they listen intently to whatever's going on in their lives. They are emotionally invested in their friends. They are quick to mention when someone looks nice or does something well because women are usually good at affirming each other. If you want to trash your marriage, don't do any of these thoughtful kindnesses for your husband. If your girlfriend is having a bad day, go out of your way to take her a wonderful casserole *and* fresh salad *and* dessert . . . but serve your husband Spaghetti-O's.

But husbands, if your wife needs you for something at home, and your buddy scores some tickets to a game, tell your wife "too bad, so sad." After all, she'll be around forever but tonight's hockey game won't. If someone at church or in the neighborhood needs something fixed, drop everything to take care of it, even if it means that the broken things around *your* house will continue to go unfixed.

Be a Pansy

Step number seven for trashing your marriage has two parts. Husbands, *be a pansy*. Retreat into the safety of passivity. Refuse to take initiative or responsibility in making plans or suggestions. That way, when things go wrong, you can say, "Don't blame me! It's not my fault!" These are great ways to trash your marriage.

Be His Mother

Wives, *be a mother* to your husband. When people ask how many children you have, say things like, "Two—three, if you count my husband." Tell him to wear a coat when it's cold and take an umbrella when it's raining, because he can't figure it out on his own. Be sure to say "I told you so" as often as possible. If he is passive or irresponsible, jump in and

rescue him so he won't have to deal with the consequences of his own choices. Make sure he feels three years old. Tell him how to live his life, down to the smallest detail.

What we really mean to say:

Please, if you find yourself doing these things, ask for God's help in being *constructive* instead of *destructive*. We want to help you *build* your marriage, not *trash* it.

When You're Angry, Blow Up

Let's talk about one final way to trash your marriage. Yell and scream, or quietly say hurtful words; it doesn't matter. Inflicting pain is the important thing. Call each other names in the heat of your emotion. Dredge up the past and bring up old hurts. You can hit or slap with words as well as with hands, and they each leave a different kind of lasting damage to your spouse and to your marriage. Losing control when you're angry is a powerful way to hurt your spouse.

Build Your Marriage in Eight *Harder* Steps

Well, enough of ways to trash your marriage—how about eight steps to build it? All we have to do is look at the opposite of this article's negative, destructive steps.

To build your marriage, fight selfishness by developing a servant's heart. Commit yourself to acting in your spouse's best interests. Do at least one unselfish deed for your husband or wife every day.

Second, instead of picking at each other, choose to let things go. Be grace-givers. Remember that "love covers a multitude of sins" (1 Pet. 4:8).

Third, be intentional in keeping your marriage at the center of your family. Have regular date nights, and schedule times away to invest in the intimacy of your relationship. Go to a

FamilyLife Marriage Conference (www.familylife.com).

Fourth, commit to actively be respectful to your spouse by never saying anything negative to other people. Be kind in your words and actions. Treat each other as courteously and with the kind of honor you would bestow on a stranger or a dear friend.

Fifth, talk about your spouse's particular [emotional needs](#). Read Willard Harley's excellent book *His Needs, Her Needs*. Find out which ones are most important to *your* partner, and do everything in your power to meet them.

Sixth, treat your husband or wife at least as well as you treat your friends. Be as thoughtful and encouraging and affirming as you can possibly be.

Seventh: Ladies, resign as your husband's mother. You married an adult; treat him with the respect an adult deserves. Men: Your wife needs a servant-leader—someone who refuses either passivity or tyranny—to love her as Christ loves the church.

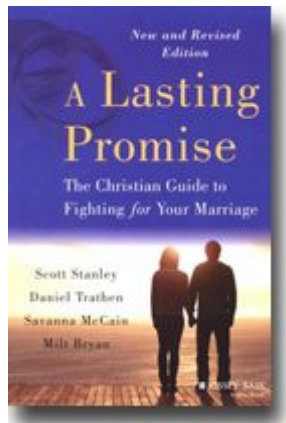
And last, when you're angry, express it wisely and constructively. Use words like "I'm angry about this" instead of yelling or hurtful silence. If you're too mad to speak with self-control, wait till you cool down. And don't go to bed without dealing with the situation (Eph. 4:26).

You don't *have* to trash your marriage. You can treasure it instead.

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Why Marriages Fail

Why do marriages fail? While the answers to that question are many, there is a growing body of empirical research to suggest there are four negative risk factors that create barriers to oneness in marriage and increase a couple's chances for marital failure.



I am going to look at these risk factors and see how they can be corrosive elements to oneness in marriage. Most of the material I will cover comes from PREP, which stands for the “Prevention and Relationship Enhancement Program” developed at the University of Denver. The material was originally published in a book entitled *Fighting for Your Marriage*, and has been featured on numerous TV newsmagazine programs like “20/20.” There is a Christian version of this material found in a book written by Scott Stanley entitled *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. Perhaps you have heard marriage speakers like Gary Smalley or Dave and Claudia Arp recommend this book (which should be available in your local Christian bookstore and is also available online at [Amazon.com](https://www.amazon.com)).

The significance of this research is two-fold. First, it provides a strong body of university research on what makes marriages fail. Other Christian books, though very helpful, are often based upon the opinions and spiritual insights of the authors. The material we will be talking about in this article is based on clinical studies which validate biblical principles others have discussed.

Second, the research provides an extremely accurate predictor of subsequent behavior and marital failure. In one of the key studies, researchers followed a sample of 135 couples for twelve years, starting before they were married. The

researchers found that using only data from before the couple married, they were able to differentiate those couples who do well from those who do not, with up to 91% accuracy. In other words, the seeds of distress and possible divorce were already sown before the couples went to the altar.

Now please do not be discouraged by those numbers. At the outset it seems to be telling us that certain marriages are doomed to failure, and there is nothing a couple can do. But we need to reconsider that conclusion. This research, while showing us marriages which might fall apart, does not suggest that there is nothing we can do about it. This research simply shows us what behaviors can be changed and warns us what will probably happen if we are unwilling or unable to change. As the book of James reminds us, it is not enough to just believe something, we must act upon it (James 1:25, 2:15-18, 3:13).

Since knowing precedes acting, it is necessary to discuss these four negative risk factors that can be barriers to oneness, for oneness is God's design for marriage. Genesis 2:24 says, "For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh." When Jesus was confronted by the scribes and Pharisees about the issue of divorce, He brought them back to this foundational truth and said, "For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one. Therefore what God has joined together, let man not separate" (Matt. 19:5-6).

Escalation

According to the research done over the last two decades, negative patterns can destroy a relationship. Couples who want to save their marriage need to focus on changing these negative behavior patterns. There are four such patterns I will discuss here, the first of which is escalation.

According to the researchers, “escalation occurs when partners respond back and forth negatively to each other, continually upping the ante so the conversation gets more and more hostile.”^{1} 1 Peter 3:9 says, “Do not repay evil with evil or insult with insult.” But this is exactly what happens with escalation. Each negative comment increases the level of anger and frustration, and soon a small disagreement blows up into a major fight.

Research shows that couples who have a good marriage are less prone to escalation. And if the argument starts to escalate, they are able to stop the negative process before it erupts into a full-blown fight. Marriages that will have problems, and even fail, find that arguments escalate so that such damaging things are said that they may even threaten the lifeblood of the marriage.

Escalation can develop in two different ways. The first is a major shouting fight that may erupt over a conflict as small as putting the cap back on the toothpaste. As the battle heats up the partners get more and more angry, saying mean things about each other. Frequently there are threats to end the relationship. Over time those angry words damage oneness, and angry threats to leave begin to seem like prophecy. Once negative comments are made, they are hard to take back and drive a knife into the partner’s heart. Proverbs 12:18 says, “Reckless words pierce like a sword.”

These reckless words can do great damage to a marriage because when an argument escalates, every comment and vulnerability becomes fair game. Concerns, failings, and past mistakes can now be used by the attacking partner. Oneness and intimacy can be shattered quickly by a few reckless words.

You may be thinking, “we don’t fight like cats and dogs.” And while that may be true, your marriage may still have this risk factor. Damaging escalation is not always dramatic. Voices do not have to be raised for couples to get into a cycle of

returning negative for negative. Conflict over paying the rent, taking out the garbage, running errands that result in muttering to oneself, rolling your eyes, or throwing up your hands can also be examples of escalation.

Couples who escalate arguments must control their emotions and control their tongues. James writes, "If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless" (James 1:26). Couples who want a strong marriage must learn to counteract the tendency to escalate as a couple. The key to a strong and stable marriage is learning to control your emotions and learning how to keep a rein on your tongue.

Invalidation

Having covered escalation, I will now turn to the second of the four negative risk factors to oneness. This risk factor is called invalidation. "Invalidation is a pattern in which one partner subtly or directly puts down the thoughts, feelings, or character of the other."[\[2\]](#)

Invalidation can take many forms. Sometimes it can be caustic, in which one partner (or both) attacks the other person verbally. You can hear, and even feel, the contempt one partner has for another.

Sarcastic phrases like "Well, I'm sorry I'm not perfect like you" or "I forgot how lucky I am to be married to you" can cut like a knife. These are attacks on the person's character and personality that easily destroy a marriage. Research has found that invalidation is one of the best predictors of future problems and divorce.

Jesus taught that attacks on the character of another person are sinful and harmful. "But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, 'Raca,' is answerable to the

Sanhedrin. But anyone who says, 'You fool!' will be in danger of the fire of hell" (Matt. 5:22). Calling a person worthless or empty-headed (which is what the Aramaic term *raca* means) is not what a Christian should do.

Invalidation can also be much more subtle. It may involve an argument where contempt for the other partner is not so obvious. One partner may merely be putting the other partner down for his or her feelings. The message conveyed is that your feelings do not matter. A husband may put his wife down because she is more emotional or because she is more easily hurt by comments. A husband may invalidate a wife's fears about the children's safety. A wife may invalidate a husband's desire to succeed in the company, saying that it really doesn't matter if he becomes district manager. Ultimately the partner receiving these comments begins to share less and less so that the intimate level of sharing evaporates. When this happens, oneness is lost.

Sometimes invalidation may be nothing more than trite cliches like "It's not so bad" or "Just trust in the Lord." While the sayings may be true, they invalidate the pain or concern of the other partner. They make the other partner feel like their fears or frustration are inappropriate. This kind of invalidation is what Solomon called "singing songs to a heavy heart" (Prov. 25:20). When one partner is hurting, the other partner should find words of encouragement that do not invalidate his or her pain or concerns.

The antidote to invalidation is validation. Couples must work at validating and accepting the feelings of their spouse. That does not mean you have to agree with your spouse on the issue at hand, but it does mean that you listen to and respect the other person's perspective. Providing care, concern, and comfort will build intimacy. Invalidating fears and feelings will build barriers in a marriage. Discipline yourself to encourage your spouse without invalidating his or her feelings.

Negative Interpretations

So far we have looked at the negative risk factors of escalation and invalidation. The third risk factor is negative interpretations. "Negative interpretations occur when one partner consistently believes that the motives of the other are more negative than is really the case."^{3}

Such behavior can be a very destructive pattern in a relationship, and quickly erode intimacy and oneness in a marriage. A wife may believe that her husband does not like her parents. As a result, she may attack him anytime he is not overly enthusiastic about visiting them. He may be concerned with the financial cost of going home for Christmas or about whether he has enough vacation time. She, in turn, considers his behavior as disliking her parents.

When a relationship becomes more distressed, the negative interpretations mount and help create an environment of hopelessness. The attacked partner gives up trying to make himself or herself clear and becomes demoralized.

Another kind of negative interpretation is mind reading. "Mind reading occurs when you assume you know what your partner is thinking or why he or she did something." Nearly everyone is guilty of mind reading at some time or other. And when you mind read positively, it does not tend to do much harm. But when you mind read on the negative side, it can spell trouble for a marriage.

Paul warned against attempting to judge the thoughts and motives of others (1 Cor. 4:5). And Jesus asked, "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?" (Luke 6:41).

Negative interpretations are hard to detect and counteract. Research shows that in distressed marriages there is a tendency for partners to discount the positive things they

see, attributing them to causes such as chance rather than to positive characteristics of the partner. That is why negative interpretations do not change easily.

The key to battling negative interpretations is to reconsider what you think about your partner's motives. Perhaps your partner is more positive than you think. This is not some unrealistic "positive thinking" program, but a realistic assessment of negative assumptions you may be bringing to the marriage.

Did your spouse really forget to do what you asked? Was it intentional or accidental? Does he or she try to annoy you or are you being more critical than is warranted? Most of the time, people think they are doing the best they can. It hurts to be accused of something you never intended to be hurtful. For couples to have a good marriage this pattern of negative interpretation must be eliminated.

Often this is easier said than done. First, you have to ask yourself if your thinking might be overly negative. Do you give your spouse the benefit of the doubt? Second, you have to push yourself to look for evidence that is contrary to your negative interpretation. Often it is easier to see his or her speck than your own plank. Give your mate the benefit of the doubt rather than let inaccurate interpretations sabotage your marriage.

Withdrawal and Avoidance

Escalation, invalidation, and negative interpretations are three of the four negative risk factors identified by researchers at the University of Denver. The last of these has two descriptors: withdrawal and avoidance. These are two different manifestations of the problem wherein a partner is unwilling to get in or stay in a discussion that is too threatening.

“Withdrawal can be as obvious as getting up and leaving the room or as subtle as ‘turning off’ or ‘shutting down’ during an argument. The withdrawer often tends to get quiet during an argument, look away, or agree quickly to a partner’s suggestion just to end the conversation, with no real intention of following through.”[{4}](#)

“Avoidance reflects the same reluctance to get into certain discussions, with more emphasis on the attempt to not let the conversation happen in the first place. A person prone to avoidance would prefer that the topic not come up and, if it does, may manifest the signs of withdrawal just described.”[{5}](#)

In a typical marriage, one partner is the pursuer and the other is the withdrawer. Studies show that it is usually the man who wants to avoid these discussions and is more likely in the withdrawing role. However, sometimes the roles reverse. But, for the sake of this discussion, we will assume that the husband is the one who withdraws.

Why does he withdraw? Because he does not feel emotionally safe to stay in the argument. Sometimes he may even be afraid that if he stays in the discussion or argument that he might turn violent, so he retreats.

When the husband withdraws, the wife feels shut out and believes that he does not care about the marriage. In other words, lack of talking equals lack of caring. But that is often a negative interpretation about the withdrawer.

He, on the other hand, may believe that his wife gets upset too much of the time, nagging and picking fights. This is also a negative interpretation because most pursuers really want to stay connected and resolve the issue he does not want to talk about.

Couples who want to have a good marriage must learn to stay engaged. Paul said, writing to the church in Ephesus, “Therefore each of you must put off falsehood and speak

truthfully to his neighbor, for we are all members of one body. In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold" (Eph. 4:25-27).

Although the immediate context in this passage is anger, the broader principle is the importance of not allowing avoidance to become a corrosive pattern in your marriage. Couples should build oneness and intimacy by speaking openly and honestly about important issues in their marriage.

Conclusion

Each of these four risk factors (escalation, invalidation, negative interpretations, and withdrawal and avoidance) can build barriers in a marriage leading ultimately to loneliness and isolation. The research shows that couples that want a good marriage need to eliminate these risk factors from their marriage, or else the negative factors will overwhelm the positive aspects of the marriage. It is never too late to put your marriage back on track.

For further study on this topic, I would once again recommend that you purchase the book *A Lasting Promise: A Christian Guide to Fighting for Your Marriage*. This book is widely available and is a good source for help in establishing and maintaining the oneness that God desires for every marriage.

Notes

1. Scott Stanley, et al. *A Lasting Promise: A Christian Guide to Fighting for Your Marriage* (San Francisco: Josey-Bass, 1998), p. 29.
2. Stanley, p. 32.
3. Stanley, p. 35-36.
4. Stanley, p. 40.
5. Stanley, p. 40-41.