

critcising my wife

Posted by 5770 - 21 Oct 2009 19:25

so anyway... i am being yelled at and all i can hear is THAT VOICE and see that angry angry miserable face. Yeah so i was definitely a jerk, not being kind or gentle with my comments, just putting her down because does things very differently.

ok I'm now wishing I was somewhere else instead of in this house. Then i see herthis image of perfection - totally beautiful, gentle, kind, sweet face. Not p0rn not even slightly? But a nice face, obviously a good person who would be a wonderful partner, a wonderful mother.

Back to the yelling and anger. She is very VERY VERY bitter with me. Who wouldn;t be?!! She is lonely, isolated, friend-less, downtrodden and weak. And I hate the weakness!! It drives me crazy!!!

And of course the pretty girl is still there. Amazing. Completely not judging me. gentle, almost smiling face. Young, fresh. All I gotta do is go to her and be with her. No big deal, no one gets hurt.

Anyway this is as far as I get thank you Hashem. day 11. Please make me a better husband for my wife.

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Re: critcising my wife

Posted by cordnoy - 29 Dec 2014 06:22

[lamed vavnik wrote:](#)

the day i started fighting(against the yetzer) to appreciate my wife and understand her pain ,is the day my real relationship w/ my wife started . i started loving her as a person and not an object . we talked for the sake of talking not just so i could get sex. we actually started becoming friends and enjoying each others company. and i was able to over look a lot of faults i saw b/c i saw my own and relized shes human too . not perfect, i came home in a horrid mood yesterday but we worked it out ,all the while a was saying to her , i'm not angry at you i'm just grumpy . but

she was ok b/c she knows i love her and appreciate her. it's hard work to find the good lady inside your wife ,and she may not be the one you thought you married, but it's well worth it

findin' this post seemed to be appropriate for myself and perhaps a few others around here.

Good stuff 36!

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Re: critcising my wife

Posted by cordnoy - 21 Jun 2015 20:23

[Noorah BAmram wrote:](#)

[Kedusha wrote on 22 Oct 2009 11:25:](#)

[G38 wrote on 22 Oct 2009 11:19:](#)

Here is an idea I heard before I got married and it worked quit well when used.

The main problem by a discussion is that each side knows only what they are saying without understanding the other side.

What I do is, I ask my wife to explain what I say and I do the same.

I believe that's called "active listening." Great idea!

There is an even an higher level of listening called "empathic listening" where not only we can repeat back what the other is actually saying, rather we can present their "side" even better then they could.

For a more detailed discussion on these comunication concepts, see professor covey's book "7 habits of highly effective people", the habit is called "**first seek to understand, then to be understood**"

In my humble experience, like all worthwhile endeavors, this highly skilled form of listening, takes work and practice to develop, and is easier said then done, but it is well worth it!

Professor Noorah

A great point!

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