



UNDERSTANDING WOMEN AND EMOTIONS

- 1. Misunderstanding can develop when two people are at opposite ends of the Facts/Feelings continuum.**
- 2. A couple must allow freedom for differences.**
- 3. If you ask a woman what she thinks, she will say: "I feel..."**
- 4. If you ask a man what he feels about something, he will say "I think..."**
- 5. A woman's emotions are always connected to something else (more so than in a man). For example:**
 - Withdrawal could signal: Anger, depression, fear, guilt, or self-pity**
 - Bringing up the past: Envy, jealousy, guilt, or depression**
 - Isolation could mean: Fear, anger, envy, jealousy, or guilt**
 - Tension could reveal: blame shifting, anger, rebellion, or self-pity**
 - Tears can show: anger, depression, fear, guilt, or self-pity**
- 6. Many women want nothing more than to know that you care enough to listen to them**
- 7. A poor listener will manifest habits that stifle communication and stir misunderstanding**
- 8. A good listener will manifest an attitude that encourages communication**
- 9. Listen with an attitude that your mate's comments (verbal and non-verbal) are top priority.**
- 10. Listen with an attitude of acceptance and willingness to understand.**
- 11. Listen with an attitude that your mate is not your enemy.**
- 12. Listen with an attitude of what God may be saying through your mate.**
- 13. Focus on what is being said, rather than the way it is being said.**
- 14. Focus on the meaning rather than the words.**
- 15. Listening encourages understanding and builds oneness.**

- 16. Emotional intimacy involves expressing your feelings and emotions with someone who is committed to you.**
- 17. Emotional intimacy involves the disclosure of thoughts, feelings, and needs.**
- 18. Ask her to tell you when she does not feel understood.**