

# 5 Mistakes Wives Make That Make Their Husbands Grow Cold & Distant

A Cheat Sheet by Laura Amador

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If you're anything like I was, perhaps you're asking yourself what happened to make the man you loved become the cold, grumpy stranger you now find yourself married to.

This is a very lonely and heartbreaking situation to find yourself in.

So if your husband seems to prefer the TV, his work, the bar, or anything that's not spending time with you, you're in the right place.

Unfortunately, no one gives us a manual when we get married. Things would be so much easier if only we knew exactly what we were doing to contribute to the problems.

Luckily, that's exactly what this cheat sheet is for! The good news is, you have a lot more power than you think! Are you making any of these 5 mistakes?

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## **Making helpful suggestions–**

"helpful" in wife language, is actually critical in husband language.

I used to give my husband advice about how he should handle situations at work. I thought I was being a caring listener and helpful wife!

So I was confused when he stopped talking to me about work altogether.

Turns out, men want to be seen as capable by their wives and making helpful suggestions misses that mark.

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**Correcting him-** Husband's feel repelled by a wife that is constantly correcting him.

I used to correct my husband all the time. I'd tell him where to turn so we skipped traffic, how to change the baby so she wouldn't get a rash, and how much salt to add next time so we ate more healthily.

I didn't realized I was communicating to my husband that I didn't think he was smart enough to figure these things out on his own.

I was pretty convinced I was smarter than he was and this didn't make him want to rush home to be with me.

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**Doing too much-** Husband want their wives to be happy (even if this seems totally untrue for your husband).

Many wives make the mistake of taking on way more than they can comfortably handle on their own.

They often juggle home, work, and family duties while still needing to take care of themselves.

Who on Earth can be expected to be a fun and relaxed wife when she's stretched so thin?

Many wives say they have no choice because their husbands refuse to help with the house and the kids. (If that's your case, don't worry, there is sooo much you can do to change that!)

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**Complaining**– If you feel unsupported, unappreciated, and unloved, it's only natural to feel resentment, pain, and even anger.

The obvious move is to communicate to your husband how you feel and what he should do differently.

The problem with this is that it simply doesn't work.

Men shut down when they hear us complaining.

There are much more effective and respectful ways to communicate that will make him want to be your hero!

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## **Trying to take him to counseling-**

Telling your husband "we need to go to counseling" is the same as saying, "you are failing at being my husband".

Even if this feels completely true, it will do little to fix things.

In fact, marriages don't typically improve by complaining about each other to a third party for an hour each week.

If your husband is like mine and most of the women I work with, he might completely refuse to go, skip sessions, or it may just result in more tension. Luckily, there is a much more effective alternative!

# Hi, I'm Laura

After years of struggling with feeling lonely, unappreciated, and unloved in my marriage, I learned some skills that completely transformed my marriage.

Today, I feel confident, desired, and treasured. The best part was that I didn't have to try to force my husband to do anything!

As a certified relationship coach, I help wives create the passion, peace, and intimacy they crave in their marriages.

Join the FREE [Facebook Group](#), a community for wives creating vibrant marriages.





# READY FOR MORE?

If you're here, it's because you believe there is more to love than what you currently have. You are not willing to settle for the way things are now. I wasn't willing to settle either, and I am so grateful for that! Otherwise, I wouldn't have the amazing marriage I have today.

These are some of the things clients experience when they work with me:

- Clarity about what has been getting in the way of them making progress in their relationships
- Actionable strategies to implement in specific situations unique to their relationships to create harmony, tenderness, and connection
- Restore a culture of respect, gratitude, romance, and fun in the relationship
- Heal unhealthy thought patterns and replace disempowering habits with ones that foster deep intimacy with their partner
- Feel loved, adored, taken care of, special, and secure in their relationships!
- Learn to create peace and respect, not only in their marriage, but also in all relationships (including those with children, mother in laws, parents- the possibilities are endless!)

Well over 15,000 women have transformed their relationships when they had the proper support, guidance, and skills. Now, it's your turn!

Schedule your FREE relationship assessment [here](#).

I look forward to connecting!

With Love,

Laura