



10 Unintentional Ways a Wife Harms Her Husband's Reputation

We love our husbands. We may not always like the things they do, but deep down, we cherish them. In chapter seven of *A Wife's Secret to Happiness*, we talk about the importance of respecting our mates and not diminishing their reputation by our actions. Through conversations with other wives, and my own experiences, I've found that disrespectful actions and reputation-harming habits are more common than we might think.

1. Using him as a punch line to make others laugh.
2. Exposing his weaknesses or shortcomings.
3. Sharing things publically that he thought were private.
4. Using commanding words or tone.
5. Asking for his suggestion and then discounting what he says without giving consideration to the valid aspects of his perspective.
6. Constructive criticism without the constructive part.
7. Answering for him when someone asks him a question.
8. Dismissive body language such as rolling your eyes or turning away from him when he's talking with you to give your attention to something else.
9. Instilling your routine as "the right way" even though his way of doing things will accomplish the same result.
10. Implying negative things about his intelligence / capabilities / role as a husband or father when speaking to him or to others.



If you recognize recent interactions or habits from the list above, don't lose sleep over it. These actions are typical for marriages in today's society, but not healthy. Decide within your heart to set a new standard in how you respect your husband and make steps to improve things moving forward.

- Repent. Ask the Lord and your husband for forgiveness. Sin is "missing the mark," and the 10 items above are easy ways we can miss the mark in showing love and respect to our men.
- Talk about the issues as needed. Many of these items are passive ways to work out pent-up aggression or hurt. Find ways to release these burdens, and negative expressions of unrest won't leak out in unhealthy ways.
- Practice. Pick a habit from the list above and make intentional choices to practice the opposite. Before long, that new "practice" will become instinct.