MAKE HIM RESPECT YOU

WHY MEN DISRESPECT AND VERBALLY ABUSE WOMEN & 10 WAYS TO MAKE YOUR MAN RESPECT AND TREASURE YOU EVERYDAY.

DORIS & DANIEL OKPARA

MAKE HIM RESPECT YOU: A WOMAN'S GUIDE TO BEING RESPECTED

31 Relationship Advices for Women to Make Their Men Respect Them; Learn Why Men Disrespect & Verbally Abuse Women & 10 Ways to Make Your Man Respect and Treasure You Always

DORIS & DANIEL OKPARA.

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6. Make Him Respect You: 31 Relationship Advice for Women to Make their Men Respect Them.

See all at: www.amazon.com/author/danielokpara

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INTRODUCTION.

By: Daniel Okpara

This book is a collection of counseling and suggestions offered at different times to women regarding their relationships. I believe that the truths shared in this book will empower any woman to properly diagnose the issue of disrespect and verbal abuse in her relationship and take back her respect.

My wife and I are sharing this book with all humility. We understand that no relationship is perfect. Mistakes and misunderstandings will continue to crop up.

But like we've always maintained***, a great relationship is not the absence of negative behaviors; but the presence of positive ones.*** We've always encouraged women and men to look for the positives and grow them.

Our prayer is that God will help you to develop the strength and boldness to take back your relationship and enjoy peace and progress that passes all understanding.

CHAPTER 1: UNDERSTANDING THE CHALLENGE OF GROWING DISREPECT OF WOMEN.

By: Doris Okpara

“As a woman, I want to be heard, I want to be cherished. I want to be sure that my man pays attention when I’m talking and that he does his best to apply my suggestions afterwards.

“I also want to be carried along. I don’t want my man to just execute his plans without discussing with me. Not that I’ll change the plans, it only makes me feel involved.

“I just want to be treated nicely, is that too much to ask?

That was the opening lines of Lisabeth as we talked about the challenges she faced in her home.

No doubt, many women are grieving from several forms of disrespect from their men. Despite all the books and counseling out there, it seems that men are not just getting it.

For example, here’s Helen’s comment in a forum where the subject of disrespect was raised:

“What about the situation when my boyfriend yells when I am dealing with a problem and stressed about it? He is no comfort, just puts down the way I handle it. Then I am shaky due to his yelling at me, and seem to foul up my problem. It

hurts to think I can't depend on him to even be kind at a time like that! He even says he gets impatient with the way I get things done inefficiently, not like him! I am learning to just be quiet about any problem I am dealing with. This doesn't seem like intimacy to me!"

Or Tammy who wrote and said:

"I have been with my husband for 18 years. He doesn't keep a job and calls me names and makes fun of me. He doesn't like me talking to my family. He also makes fun of the kids cause of the school they go to. I am trying to get out but every time I try to leave I also think about how I don't want him to be with anyone else. But I am not happy no more. Plus I'm afraid to leave him cause I think he might try to hurt me. I don't know what to do."

And Angel Leola who wrote:

"I'm in a very complicated relationship! It started with bad communications, then disrespect, and I think to the point that my husband is abusing me verbally. Now..... We're living together and he says he just wants us to be friends, which is ok for me. I put my children first, so, I'll stay as long as I can tolerate."

There are hundreds of women like Helen and Tammy and Leola who get yelled at and suppressed every minute of the day; who desperately, if given the option, would like to walk out, but can't for several reasons. The situation seems to be worse in Africa where our culture sees women as lesser than men, who must be made to submit at all times.

For example, in Africa, it's commonly said that ***'if the woman cheats and gets caught, she goes; if the man cheats and gets caught, the woman also goes."*** Either way, the woman is on the losing side.

The idea is that you must remain in the relationship, even if your two eyes get plucked out. Unfortunately, many precious lives have been lost due to this widely accepted misconception.

According to Safevoices, an organization working to end domestic violence,

- One in every four women will experience domestic violence in her lifetime.
- Women ages 16 to 24 experience the highest per capita rates of intimate violence.
- Most cases of domestic violence are never reported to the police.
- Almost one-third of female homicide victims that are reported in police records are killed by an intimate partner.
- In 70-80% of intimate partner homicides, no matter which partner was killed, the man physically abused the woman before the murder.
- There are 16,800 homicides and $2.2 million (medically treated) injuries due to intimate partner violence annually, which costs $37 billion.
- 85% of domestic violence victims are women.
- 62% of Tweens (age 11-14) who have been in a relationship say they know friends who have been verbally abused (called stupid, worthless, ugly, etc) by a boyfriend/girlfriend.
- Only half of all Tweens (age 11-14) claim to know the warning signs of a bad/hurtful relationship.
- 1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, strangled or physically hurt by their partner.
- Nearly 1 in 5 teenage girls who have been in a relationship said a boyfriend had threatened violence or self-harm if presented with a break-up.
- 13% of teenage girls who said they have been in a relationship report being physically hurt or hit.
- More than 1 in 4 teenage girls in a relationship (26%) report enduring repeated verbal abuse.

After listening and following up on hundreds of issues between couples, I have to admit that there's no step-by-step guide, there's no 123 approach to the solutions we face in our marriage.

I'm always humbled when I talk about these situations because for sure, there's no home that has no issues. What we do is prayerfully ask God for guidance on what to do on a case by case basis.

The challenge of disrespect is real in our homes. But I believe we can gain wisdom from God's perspective to overcome all situations and fulfill the plan of God for our lives. I believe that one can have a great marriage, one that is surrounded with God's love and peace.

Yes. I believe that your relationship will get better. You are not meant to suffer and die in pains. My goal in this book is to talk to you heart-to-heart. Let's look at few things we can do to confidently manage the issue of disrespect in a home and possibly retake our respect from our men.

CHAPTER 2: WHAT ARE THE SIGNS OF DISRESPECT?

By: Doris Okpara

Even though I agree that disrespect involves primarily verbal abuse and insult, I also think that other forms of acts that disregard the sanctity of a relationship is disrespect. From many counseling sessions and discussions, I can outline the following challenges as the signs of disrespect.

1. COMPARING YOUR PARTNER WITH SOMEONE ELSE.

Our friend, Karitas from Dunlap, Tennessee, wrote the other day and complained:

“It seems I have wasted the last 3 years of my life with this man. He will never stop trying to change who I am. He constantly downgrades me and keeps telling me if I lost weight he would love me more and take me to more public places. He is only happy when he gets sex from me and that’s the only time he is so sweet to me. What must I do?”

Now, that’s really bad. But Karitas is not alone. 20 year old Kat from Mitaka, Japan, wrote and said:

“I'm 20. I have been in a relationship for 3 years and at first we couldn't get enough of each other. This last year I've been accused of cheating multiple times. He makes me feel guilty and guilt trips me on many occasions. He often complains about how sex isn't good anymore, stating he's not good enough. I've tried to reassure him many times but it seems to be a constant issue. One moment he can be loving and later he'll be mean and angry.

“When we fight he often tells me to shut up or he'll hit me or keep telling me to shut up about the situation and calls me stupid. He'll bash me on my weight. I can't have girl friends over or he'll say ‘ohh is she down to f##k’ or ‘let me f###k’. I feel like he's been trying to get rid of me and lately I’ve been thinking what it be like living alone or doing my own thing

“We met and I was dressing a certain style and when we got together I’ve stopped dressing such a way and he often says to me ‘you look so good; do you see how stupid you looked, no wonder nobody liked you.’ I'm not sure what to do at this point. I feel as if we're still happy but then again I don't know sometimes, I kinda feel like I'm holding him back? Please help.”

The Bible warns us never to compare ourselves with others.

> *“We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.” –*
>
> **2 Corinthians 10:12**

For Karitas and Kat and people in similar circumstances, the advice we give is very simple. If you are good for him in bed and not good for him in public places, that’s a very bad sign. Unless you’re already married, if you’re still dating, you may have to really give the guy some time to decide if he really wants you or not.

Even if you have to work on your weight, fact is that you’re already feeling depressed, when you still have a long way to go. Talking to you about your weight should be done with love. If he truly really loves you, he will offer to help you and make recommendations and not mock you.

I believe that comparing your partner with others in order to show your partner as lacking some qualities is a sign of disrespect in a relationship.

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2. BAD MOUTHING YOUR PARTNER.

> *The words of the reckless pierce like swords, but the tongue of the wise brings healing.* - **Proverbs 12:18**.

Words are too powerful. The ways we use them matter a lot. There's a great chance that the words you speak on your partner will finally come to pass.

There's nothing that hurts more in a relationship than verbal violence. I consider verbal violence to be more dangerous than actual fights. Just like the Bible says, the words kill ten times much more.

A couple of weeks ago, my husband and other pastors were called to minister deliverance to a fellow pastor's wife. The woman was going insane, and it was getting out of hand.

When my husband came back I inquired about the situation. He told me that all they discovered was that the woman had suffered several verbal attacks from her husband in the past. Now she was bitter and the bitterness had driven her mind to a point of madness. All she was doing was curse the marriage and question how she allowed herself, with great prospects, to find herself in such a marriage.

Verbal abuse causes greater damage in relationships than most other issues we've dealt with. I pray that God will give us grace to rise above this demon and enjoy our relationship.

I've always told my husband that if a man regularly calls her woman names and suppose that she is no good, that she is just a waste a time; chances are that the man will get what he keeps saying.

Are there real workable ways to handle verbal attacks in marriage? I would say yes, but don't think I want to teach you some kind of new psychological method. I'll tell you what God says that works, and I believe it will always work.

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3. LYING AND DISHONESTY.

Although our media have made you believe lying is normal for men and women, it’s not normal for a healthy relationship. The most important thing that needs to be in place in order to have a real, deep and meaningful relationship with someone else is trust.

If you can’t tell someone the truth and are constantly finding ways to avoid being in trouble, or avoid confrontation, then you should reconsider what you are doing.

If you are being lied to or you are constantly lying to someone else to maintain peace, I consider it disrespect in marriage. It’s time to stop deceiving.

Lying and dishonesty is actually a sign of some bigger problems that is being covered. I’d recommend you subtly discuss with your partner and get on the same page whenever you suspect that either you or he is lying just to maintain peace and it has become regular.

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4. DOMINEERING DISPOSITION.

I believe that a domineering disposition is a sign of disrespect. As I noted above, women want to be heard. Even when it looks like they are not making sense, they still like to be heard.

A domineering disposition tends to want to be the final authority in almost all issues. This type of disposition puts a relationship in great jeopardy. If this is what you are currently faced with, I can understand your situation. Don’t just give up yet.

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5. PHYSICAL ABUSE

Stephanie’s case was a combination of both abuse and addiction. She says:

“It's very rare that we don't fight and all I do is cook and clean up after him and his roommate. He refuses to grow up, to get a job and lay off the videogames…

“I love him and he says he loves me but there's definitely a lack of respect and equality in this relationship. I do all the grown up stuff and I run myself ragged and he doesn't offer to help and throws tantrums when asked…

“He also makes tons of promises big and small and no longer than a day later goes back on his word. It has ruined my trust and made me feel completely worthless. I do things for him because I love him and because I want to be nice. He never returns the favor. . I need advice or help.”

Someone said that the only time you should ever hit your partner is if they turned into a flesh eating zombie and are trying to eat you. Other than that, it’s unacceptable and extremely unhealthy.

If violence is present in your relationship from EITHER person, yes women, even YOU (just because you’re hitting a man doesn’t make it right). It’s time to sit down and assess everything that is happening.

Constant fights are a sign of disrespect that needs to be addressed.

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6. CHEATING

Cheating is a devastating sign of disrespect. It does destroy the institution of marriage and leave behind trails of hardships and regrets. Hear Ethel M:

“I should have left him then because nearly 29 years later, after 2 children, I just found out he got reconnected with a woman he fell in love 21 years ago... Now he wants to leave me for her.”

Something isn’t right there. 29 years of relationship, 2 children, yet the man is not sitting down to consider the family. I think this might be a spiritual problem.

However, unless a situation that was extremely complex and both parties contributed to it, there’s no excuse for cheating. Though if the person is willing to make amends and make changes, it’s honorable to forgive, let go and move on. God does heal and restore the flavor.

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7. ADDICTION.

Whether it's gambling, drugs, alcohol or something else, not many women appreciate a partner who's addicted, one who comes home drunk and making fumes all the time. But I consider addiction to be more of a spiritual problem than willful disrespect of a woman. I've always counseled that issues bordering on addictions should be seen as spiritual influences.

I know, like Tonia said, *"but that's his problem and not mine, why should I be the one suffering for his weakness?"*

If you're still dating, you have serious choices; but if you are already married, consider exhausting all options before making any conclusions, especially if the problem was not there in the beginning.

As partners we can do a lot to help each other. I tend to disagree with Evelyn who said, *"But I'm in the relationship to be someone's partner, not to be their therapist."*

There's always a purpose of God in every bound union. Who knows, just like Mordecai told Esther, maybe God has raised you for such a time as this (Esther 4:14).

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8. TOGETHER BUT SEPARATED.

Kelly Oliver complained:

I've been with a guy for 11 years and I have become miserable and wanted to leave the last year. The intimacy seems lost. There is no sex and there is no drama per se. I need to get out but I'm so scared to be on my own financially. It's so tough out there but living like I am I am already alone and so miserable"

Intimacy means different things to different women. Unlike Kelly above, Linda's definition of intimacy was beyond sex. She says:

"When my marriage was beginning to fall apart, it wasn't the arguments or the lack of sex that caused me the most heartache, but the relentless erosion of intimacy.

People had always remarked what a touchy-feely couple we'd been. At dinner parties we'd often deliberately sit next to one another. When we walked down the street we'd always link hands.

I remember the little things he used to do for me, such as buying me flowers in brilliantly clashing oranges and reds (a color combination I'd never have thought of), and arranging them in a vase like a pro. It wasn't a case of grabbing the nearest bunch from the garage when he stopped for petrol; it was an act of love, a gesture of intimacy."

There are hundreds of divorce cases that could have been avoided if the issues of reduction in intimacy was discovered and dealt with on time.

Men are socialized to think of intimacy in terms of sex. Women often describe intimacy as being about kissing, touching and talking. What happens when you express intimacy differently is that it can push your partner away.

Without intimacy it may be impossible to navigate the problems that are bound

to arise. *"It's intimacy in the form of caring and sharing that helps us through the difficult things in life,*" says relationship counselor, Diana Parkinson.

When a woman says her partner has become cold, Parkinson believes she should ask these questions:

1. Is this person really cold or is there something else going on?

2. Is he depressed or might he have an underlying health problem?

3. Is he distant or is he stressed about work, money or losing his job?

4, Is the fact that he spends all his spare time on the computer an escape from dealing with his problems rather than having to talk about them?

"Men still feel shame about appearing weak or scared and find it hard to express those vulnerabilities,' says Parkinson. "So the men withdraw and then the couple withdraws from one another."

The marriage of Sandy, 42, and Robert, 45, demonstrates this point. 'Our marriage nearly came to blows after last year's summer holiday in France,' says Sandy, a full-time mother, married for eight years with two children.

"I know Robert has a business to run, but he spent more time on his BlackBerry than he did with me or the children.

"It was one of the few chances we had to be together as a family and to share some intimate moments, and he had his nose in his phone, making calls, checking emails. Back home again it was the same thing. He'd walk through the door around 7.30pm and head straight for his computer until dinner was ready.

“But none of this seemed to curb his interest in sex. “My computer has crashed,” I told him in language I thought he’d understand. “I don’t want sex with a man who prefers looking at a screen to me. And I don’t want to be married to a man who doesn’t understand this.” ’

It was only when Sandy asked for a divorce that Robert broke down and admitted his business was in danger of bankruptcy and he’d been too ashamed to talk about it. Now, with the help of counseling, they are trying to resolve things between them.

“I can cope with the business not doing well. I can deal with cutting back. What I couldn’t stand was his withdrawal from me and the children,” says Sandy.

When you feel that intimacy is getting lost in your relationship, it’s often a great idea to talk it out. Share. Speak up. Don’t keep quiet. What you’ll find may surprise you and draw you closer to God and deeper intimacy with each other.

9. DEGENERATING COMMUNICATION

Constant miscommunications will turn small issues into giant arguments. When this becomes too often, it’s time to take a sit and do a good analysis of what’s happening. Degenerating communication in a relationship often leads to fights and other bigger problems.

Try to express yourself to your partner and open up the connection. Often a degenerating communication could be some kind of personal problems that’s cropping up at work place, anger with something else, and so on.

10. BLAMING AND RATIONALIZING

One sign of maturity is accepting responsibility for your mistake. When a partner often denies responsibility for whatever caused the problem and tries to shift the blame, it can become an insult to the other partner.

Respecting someone doesn’t mean that you agree with them. Nor does it mean that you will comply with what they want. It means that their feelings matter because those emotions belong to a person who matters. Listen to, understand, and try to help the situation.

If your feelings, time, opinion, or values are not being respected, you need to take some sort of action. You may need to end your silence and bring up the issue. You may need to bring it up as a serious issue, not to be put off.

CHAPTER 3: WHY DO MEN DISRESPECT WOMEN?

By: Daniel Okpara

This is a tough question. As such I tried to get answers by asking around. So I stepped out and asked***, 'hey, Chuks, Do you disrespect your wife? If you do, why?'***

Unfortunately, almost all the guys I asked said they do not disrespect their wives.

Yeah. For real!

They said,

'I don't understand what you mean, because I do not disrespect my wife. Sorry.' - Divine

'I do not disrespect my wife. We may have issues occasionally, but that doesn't mean I disrespect my wife' - Ken

'What kind of question is that? Excuse me please' – Obele

'I think that you are getting it mixed up; that I try to caution my wife and we disagree and quarrel at times does not amount to disrespect.' - Mike

'Have you joined the women crusaders? Bro, it's not good for your health.' – Omeje

'I think it's wrong to say that men disrespect their wives. Yes. There may be

strong misunderstandings from time to time, but I think that's not really disrespect.' – Paul

'If by disrespect you mean insult, I think that's not correct. We always disagree to eventually agree' – Eze

So if most of these men say they do not disrespect their wives, then who does the disrespecting? Me? Certainly no.

I agree that the opinion sampling may not be enough to draw conclusions, and the question is not direct enough, but that gives you some kind of idea that men do not consider most things women consider as disrespect as something serious. I think that what women understand to be disrespect, many men see it as just normal couple's misunderstanding.

That also gives us five facts to ponder on.

1. The situation may not be as bad as the women take it.

2. Respect is not the absence of negative behaviors, but the presence of positive behaviors.

3. The men believe that the women simply don't understand enough. That they are actually trying to get some points across.

4. By not accepting that they disrespect their wives, they actually still do believe in the relationship, even if it is just a small proportion.

5. Men who accept that they did disrespect their wives will actually say it was the devil's work eventually and feel sorry. Though it may not happen immediately.

So here’s what happens when some disrespects occur in a relationship…

1. THE MAN MAY BE GOING THROUGH SOME CHALLENGES:

Many men handle challenges in different ways in the relationship front. Some consider it unnecessary to disturb the woman with what's happening in business. They prefer to face the situation and when the woman doesn't seem to read in between the lines and continue to demand attention and their rights, the man could react unfavorably.

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2. THE MAN MAY BE UNDER PRESSURE.

Truth is that when I am under pressure, especially financial pressure, I could get overboard and misbehave with my woman.

Women should be able to understand when the reaction they are getting from their men is as a result of pressures of life confronting the man. For example, when a man goes out and sees his mates doing well and he is still struggling, he will feel bad, become moody, separated and it could get him to act in certain negative ways for a long time.

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3. SOMEONE MAY HAVE PUNCTURED HIS EGO.

All men have ego, including my humble self. Do everything you can as a woman not to make your man feel worthless. You must be able to continuously let him know that you believe in his destiny, vision and ability and that he will surely succeed.

The reason I love my wife is not because she is taller and pretty. Yes, she looks great. I am proud of that. But I love her the more because I have never seen anyone who encourages me the way she does. She keeps affirming it in my ears that she believes that I am the man who will take her to her destiny. Such powerful belief and confession does get me scared and fired on to be sure I give her a better life.

If a man's ego is beaten, either by his woman, or outside, he will surely retaliate on the closest person to him – YOU – his woman. His actions could change from a peaceful, gentle talker to an irrational, irresponsive punk.

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4. HE MAY BE UNDER SPIRITUAL ATTACK

I am one of those who believe that addictions are both spiritual, psychological and physical problems. I believe that a man can be under demonic influence that makes him insult and disrespect his woman. When you really cannot lay hold of any reason behind the sudden change in behavior, I believe that praying for the man will help a lot.

Don’t be deceived, the devil’s ultimate plan is to destroy the home and then rubbish the children and the society. The devil will do everything he can to get at the woman to walk out of the marriage.

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5. HE MAY BE WATCHING SOME NASTY MOVIES.

There’s so much that one can learn online, both good and bad. I believe that certain movies can influence a man’s behavior negatively to start misbehaving towards his woman. It takes wisdom to reason up to this level and help the man out.

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6. HE MAY BE UNDER THE CURSE OF ASSOCIATION

In Africa, there is a proverb that states that *one finger gets oil, and it fills the other fingers.*

The Bible says in Galatians 5:9 that *"A little yeast works through the whole batch of dough."*

There's a reason the Bible says that light does not have any relationship with darkness and warned us against wrong association. I've personally observed that when a man suddenly finds himself associating with the wrong guys, he will surely start misbehaving.

As a woman, regularly observe the relationships that evolves with your man and pray for him not to get influenced by the bad eggs. When possible discuss same with him lovingly; but don't push too far and demand that he must follow your orders and quit immediately. Be wise. Men don't take orders. They love to give orders instead

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7. HE MAY BE A WICKED MAN.

In rare circumstances I agree that there are men who are just monsters. They are just happy when their woman is sad. They do everything they can to spoil the woman’s moods and cause her pain. They just want to be lords and cause problems, just for the fun of it

In situations like that you need a lot of wisdom and counseling. If this is exactly what the case is, I believe that temporary separation is not a bad idea. You need to stay away for some time to seek God’s face and understand exactly what to do.

CHAPTER 4: HOW TO HANDLE DISRESPECT IN A RELATIONSHIP AND GET BACK YOUR RESPECT.

By: Doris Okpara

I could keep going on with signs of disrespect, but I think I've covered the most important ones. Those are only guidelines of when I think you should try to do something to reclaim your respect. They are by no means laws. We are not all the same, nor are all of us in the same exact situations. But recognition of when to rise up and act is important.

In this chapter, my goal is to share with you various actions and tips I believe will help you take control of a disrespectful relationship and make the best out of the situation. I believe like I said above that there is no 1-2-3 approach to having a great marriage. But there are foundational variables that will always work.

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1. IDENTIFY THE EXACT PROBLEM.

What exactly is the main problem? If you can’t say, ***this is the real problem***; you may be handling it the wrong way.

Women are naturally emotional. Many times their first response to a situation is not always the right response. Then we would now have a situation where two wrongs are trying to be right.

Ability to sit down, wipe your tears and pin point the main issue that is happening in your relationship is a major step in attaining a solution.

Is it a problem of communication? Is it a problem of addiction? Is it a problem of constant verbal abuse? What is the problem? How did it get started? What changed?

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2. IDENTIFY THE CAUSE.

Knowing the exact problem is the first step. Finding the cause of the problem is the second.

Like we've always said, ***the best way to deal with a matter is from the root.*** It's not enough to say my man is disrespecting me. What happened? How did it start?

I believe that if he was like that from the beginning, you wouldn't proceed with the relationship. Now that he seems to have changed, what happened?

Often, trying to look beyond the insulting words, the hate talks and all that, can give you an idea of what really happened; you'll equally begin to see how to restore your respect and have peace once again.

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3. ARE YOU COMPLETELY INNOCENT?

It takes two people to fight. It takes two to quarrel. It sounds bad that your man is disrespecting you. But let's try and be sure that you haven't contributed to what is happening.

> *Examine yourselves to see whether you are in the faith; test yourselves…* – **2 Corinthians 13:5**

Looking carefully into your life and trying to see how you may have contributed to the situation is a wise way forward. If you see some traces of disrespect from your own end, take the bull by the horn and offer to say sorry and mean it.

For example, do you always talk back when he is trying to make a point? Do you always insist that things must be done your way? Do you always talk very little of him in the public?

The Bible says that a gentle answer turns away anger (Proverbs 15:1). It doesn't always end well when a woman continues to play the female card and respond to her man in harsh ways. Maybe, taking the first step towards peaceful resolution will put things to rest. Try it.

Also, do you respect yourself enough? Love and respect should go hand in hand. He is supposed to love you and you are supposed to respect him. However, too many women aren't finding love because they haven't found respect. Many things go into gaining respect from a man, one of which is to respect yourself.

Confucius said, "Respect yourself and others will respect you." Dostoevsky said "If you want to be respected by others, the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you."

Men respect women who love and respect themselves. Holding yourself and your life in high regard is a great way to demonstrate respect for yourself.

Set high standards for yourself and do not make choices that are disrespectful to

the life you want and who you want to be.

4. OFFER TO HELP.

Depending on what you can determine as the exact problem and the cause, you then need to offer to help. The Bible gives us an idea:

> *"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother.*
>
> *But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses.*
>
> *If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.*
>
> **- Matther 18:15-17 (ESV)**

Here Jesus stated 4 things:

> *1. If your brother (or husband) offends you, talk to him privately first.*
>
> *2. If you try hard and he does not make any improvement, approach counselors.*
>
> *3. If counselors try and it does not work, get the church involved.*
>
> *4. If the church try so much and nothing happens, you'll then beat your chest and say, "well, I tried to help"*

The point is for you to make effort, to make an attempt, make honest attempts to set things straight. This may take days, weeks, and months. But we need to be

able to say that you did your best.

5. PRAY FOR HIM.

There’s nothing that God cannot do. Proverbs 22:1 says that the heart of a king is in the hand of God. He turns it wherever he pleases.

God wants you to have a great relationship and marriage. You should just get Him involved in your relationship with the force of prayer. I believe that as you sincerely pray for a change, things will surely change for the better.

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6. FORGIVE, FORGIVE AND FORGIVE.

It’s a terrible feeling when a woman is disrespected from time to time and treated like a piece of meat. The anger that it breeds only wants revenge, revenge and more revenge. But the Bible says:

> *“And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."* – Mark 11:25

The Bible is not saying here that he has come to apologize. If he apologizes, great. But what the Bible is saying here is for you to just forgive. He doesn’t have to come begging for you to forgive. By just forgiving, you release yourself from all the emotional blackmails, receive inner healing and discover ways to continue living a great life. After all, you do have a life to live.

I agree that forgiving is difficult. But it’s a decision you take, not because of the person who offended you, but because of yourself.

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7. IT’S TIME TO LIVE YOUR LIFE.

As a woman you’ve got a life to live. You’ve got a vision to fulfill. It’s great to want to live to please your man, but life is beyond that. There is something more. You have a call to fulfill.

Believe it or not, your respect points would grow in a relationship when a man perceives that you have a purpose that you are working hard to fulfill.

If you don’t have a good education, enroll in some part-time classes and strive to get a degree. If all fails, then learn a great skill and be diligent in pursuing your career.

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7. WHILE FULFILLING YOUR CALL AND MAKING PROGRESS, REMAIN A WOMAN.

In his book, “Cracking the Man Code,” Matthew Boggs says that men like to be seen as the ones in charge. They want women to accept their place as women and not compete with them.

For example, while making progress and earning more money, don’t try to show that you’ve got it all. Learn to get his suggestions many times before doing things.

Being true to yourself and not trying to act the way you think a man wants you to act will allow a man to really respect you for who you are. Men don't need women to be like them to get respect; they need women to be like a woman. This doesn't mean you cannot be an intelligent, hard-working, and out-going or even participate in sports. It just means you should still be a woman in relation to men.

CHAPTER 5: ADVICE TO MEN: WHAT WOMEN MEAN WHEN THEY WANT RESPECT.

By: Doris Okpara

One brother asked the other day, *"Why does it take 500 ways to please a woman?"*

I was like, seriously? How do you mean?

I fully disagree with that. The idea is that women are very difficult to please and make them happy. I disagree with that. Rather, I think that we live in a world that is still trying to adjust to the fact that before God, we are all equal. No Jews or Gentiles, no male or female. We are one.

We may not have equal physical strength, and may have different roles and responsibilities, but there is no weaker partner in a relationship that should be suppressed, dealt with and not heard.

In this chapter I'll try to summarize what I feel respect means to a woman.

Respect may mean different things to different women. But from my experience as a woman I guess it's not much different. Respect is respect. I'll share with you what a woman takes respect to be. I hope you the guys will pay attention.

1. RESPECT MEANS BEING CARRIED ALONG.

Why do men feel that we'll change their plans when they discuss their plans with us? I mean, I don't get it. I'm supposed to be your friend. As a friend, I'm not in your life to destroy you. I'm here to assist the best way I can.

Women treasure it a lot when their men carry them along. It just makes them feel important and a part of the present and future.

For example, those times you tell me, *"Dear, look at what I am planning to do, what do you think about it?"*

Wow! I feel great at such times. It cracks me up and gets me to think. Inside me I want to be sure I offer the best advice.

I'm sure I'm not different from other women. I would like to think that every woman appreciates her man carrying her along.

What's it with all the secret agendas? Okay, I agree, you may not get the best of advice on the project in question from your woman, but what's the harm in discussing with her?

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2. RESPECT MEANS THAT YOU DON’T SHUT THE WOMAN UP.

Let me be sincere. Truth is that I don’t make sense all the time. Yea. I think so too. But it’s a bad business when you shut me up or think that I’m a dummy.

Just let me talk. Even if you’re not listening, just pretend to be. I’m sure that all my ladies will agree with me here. Shutting a woman down is a no no.

It’s worse when men try to do this in the public. Well, I don’t know about others, but I feel terrible being shut down in the public. Like I said, I agree that I do talk rubbish a couple of times, but it ‘be best if you call me aside and let me know.

Respect means that you don’t shut your woman down just because she is saying rubbish.

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3. RESPECT MEANS THAT THE WOMAN CAN TRUST THE MAN.

Okay let’s not over flog the matter of trust here. I’ll say that it’s important to make yourself *trustable*. A woman feels disrespected when a man can’t respect himself with other women.

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4. RESPECT MEANS THAT THE MAN TAKES CARE OF HIMSELF.

I don’t think what women really want is the best of six pack abs. If you’ve got just 1 pack or two pack or no pack, that’s okay; but hey, that’s not the main issue. Women generally just want their men to take care of themselves and look good.

I believe women feel disrespected when their men don’t do the best they can to take care of themselves.

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5. RESPECT MEANS THAT A MAN APPRECIATES THE WOMAN.

You see, I can tell you that we've had some issues resulting from not looking at me and telling me, ***"hey, I like your dress. It looks great."***

I don't know why we just like to be appreciated and praised, but believe me, it just so works. That reminds me of a sister. I'll just call her Amina. Her husband is a hard working guy and it seems that whatever they needed in the house was not a problem. Yet Amina still got entangled in an extra marital affair.

Dr. Rose narrated that the problem began when she would always go to the office and her boss would look at her and say, *"Wow, you look great today, madam. I love your new dress."*

According to Amina, she always wondered how her own husband didn't see that when they both left the same house, same time. Gradually, she and the boss began to entangle. Fast forward, Amina divorced her husband and got married to the boss.

Telling a woman, "hey, you look great," always seem such a small act before so many guys, but believe me, it works real wonders. Don't get too familiar with your woman that you stop telling her good things about herself. This works so well in me, even though I can't tell all the whys it works. It just works.

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6. EMPATHY IS ALSO A SIGN OF RESPECT.

What I mean is showing some level of understanding when the woman is going through some pains, either emotionally or physically. For example, I agree that I must have sex with my husband. The Word of God binds us to that responsibility. In fact, the Word says under no circumstance must we withdraw our bodies from each other.

I agree. But come on. There are days I'm not just cut out for it. I might just be worried about the future, the kids, the extended family, or what a colleague said at work.

We'll take it as respect if our man does show understanding at such times, and offer to help talk us out of it, rather than saying, *"Hey, the Bible says you must have sex with me."*

As a guy, you may not always get everything you want from a woman, when you want it. Respecting that fact and letting the woman be is a sign of respect. Don't push it.

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7. RESPECT MEANS YOU'LL TALK TO THE WOMAN WITH RESPECT.

"Since we are talking about respect and disrespect here, let's not forget what the words respect and disrespect mean in the first place. Basically, to disrespect someone is to act in an insulting way toward them. When you *disrespect* people, you think very little of them.

Disrespect is all about not showing *respect*. Actually, it's about showing the opposite of respect, by acting rude, impolite, and offensive.

Talking back to your teacher is showing disrespect for her authority. Not giving up your seat to an elderly person is an act of disrespect.

In a relationship, treating your partner rudely, calling her names, comparing her with others is disrespect.

In conclusion, I like to say that respect is not the absence of negative behavior but the presence of positive behaviors. I like to say that it's important that we have more positives than negatives.

For crying out loud, we'll keep making mistakes. We'll keep having disagreements, but then there's that think line where we don't want to push each other to the wall, either with our words or actions.

God bless you.

WHAT NEXT?

Thank you for reading this book. I believe you have been blessed.

Please consider giving this book a review on Amazon or checking out our other titles at:

www.amazon.com/author/danielokpara .

I also invite you to checkout our website at www.BetterLifeWorld.org and consider joining our newsletter, which we send out once in a while with great tips, testimonies and revelations from God's Word for a victorious living.

Feel free to drop us your prayer request. We will join faith with you and God's power will be released in your life and the issue in question.

ABOUT THE AUTHOR.



Daniel Okpara is a dynamic evangelist and teacher of God's Word whose ministry impacts hundreds of people each month via the Better Life Crusades, Better Life Health and Business Breakthrough Seminars and Better Life TV.

He is the international director of Better Life World Outreach Center, a non-denominational, evangelism based ministry with commitment to:

- Taking the entire Gospel to the entire world, from village to village, town to town, city to city, state to state and nation to nation, in partnership with established churches.
- Training ministers, evangelists and missionaries and providing them with tools, resources and impartation for the end-time assignment.
- Restoring the evangelism fire in the body of Christ through church workers' revivals and trainings.
- Producing evangelism materials and tools (films, tracts, books, devotionals) for rural, screen and world evangelism.

He is the host of Better Life Today, a Monthly non-denominational fellowship meeting where hundreds of people gather for business workshops, worship, healing, miracles and diverse encounters with God. He also co-hosts a popular radio and TV program, "**Keys to a Better Life"**, aired in over 10 radio and TV stations across the country.

Daniel Okpara holds a Master's Degree in Theology from Cornerstone Christian University. As a strong believer in hard work, continuous learning and prosperity by value creation, he is also the founder of Integrity Assets Ltd, a real estate and IT consulting company that manages an eCommerce startup and consults for companies on Digital Marketing.

He has authored over 50 books and manuals on healing, prayer, Marriage and relationship, Investment, Doing business and Digital Marketing.

He is married to Prophetess Doris Okpara, a prayer warrior and great support and they are blessed with a boy and a girl, Isaac and Annabel.