

NOTES FROM 10 STUPID THINGS MEN DO TO MESS UP THEIR LIVES DR. LAURA SCHLESINGER

1 STUPID CHIVALRY

By getting involved with the wrong woman (weak, flaky, damaged, needy, desperate, stupid, untrustworthy, immature, etc.) you think that your love will save/transform her.

2 STUPID INDEPENDENCE

Unwilling to admit "need" for bonding and intimacy, you hide in excesses of work, play, drink, drugs, porn, & meaningless sex

3 STUPID AMBITION

Unable to comfortably and proudly accept your inherent importance to society and family as husband and father, you bow to the false idols of money, toys, power, and status.

4 STUPID STRENGTH

Uncomfortable with feeling weak, vulnerable, useless, powerless, or rejected, you use intimidation, force, or passive-aggressiveness to regain control.

5 STUPID SEX

Taking an attraction, opportunity, or erection as a "sign," you measure your masculinity and power by sexual conquests, infidelities, and orgasms.

6 STUPID MATRIMONY

Lacking a mature sense of the purpose, meaning, or value of marriage, you realize too late you've gone down the aisle with the wrong woman for the wrong reasons and feel helpless to "fix it."

7 STUPID HUSBANDING

Thinking that marriage is the honorable discharge from loving courtship, you continue to live as though you were single and your "mommy-wife" will take care of everything else.

8 STUPID PARENTING

Believing that only women/mothers nurture children, you withdraw from hands-on parenting to assert your masculine importance, missing out on the true "soul food" of a child's hug.

9 STUPID BOYISHNESS

Having not yet worked out a comfortable emotional & social understanding with your mother, you form relationships with women that become geared to avenge resolve, or protect you from your ties to Mommy.

10 STUPID MACHISMO

Understanding the true and meaningful difference being male and a man, you can become a man.

Cynical Men

. When she says "just friends"- she expects you to put your time, money, and effort into courting her, but she is keeping her options open for somebody better.

. When she says, "I never think about him [her ex] anymore" she only has one to three thoughts a day which aren't about him.

. When she says, "Money isn't an issue with me" she means that the lack of money is a very big issue with her.

. When she says, "If you really loved me, you wouldn't even mention a prenuptial agreement" -she really means that if the marriage doesn't work, all the household belongings not nailed down will leave with her.

. When she says, "My career is very important to me"- she means that she should be able to dine with a handsome coworker or client with your blessing.

. When she says, "It doesn't have to be an extravagant wedding"- she means that it'll be in the largest church within one hundred miles and she'll invite everyone she's ever known.

. When she says, "I don't want to feel pressured into having sex with you" -she means she's not physically attracted to you but no one else is calling for dates.

. When she says, "Maybe we should see other people" -she means she's already been seeing other people for the last three weeks, but this is the first tinge of guilt she's felt about it in her otherwise empty conscience.

. When she says, "Eventually, I want to have children" -she means she's not willing to make any sacrifices to take care of them.

. When she says, "Relationships should be based on trust" - she means that she expects you to tell her everything, while respecting her privacy not to!

Confessional

. Blame others for what they are responsible for .
Expect others. to do for them what they can only do for themselves

. Depend on orgasms to fill the void of what they need emotionally .

. Treat the bride that they have vowed to love and cherish with criminal violence and abuse just like their parents treated them

. Been resisting of help and stubborn

. Not in touch with their own feelings

. Taken too long to deal with issues until the family was blown apart

. Spent too much money on things & gone bankrupt

. Tried to do too much too soon not being patient & careful

. Making rash and impulsive decisions without the benefit of the counsel of wise people

Macho Conceit

. Confusing macho with courage

- . Thinking with the wrong head
- . Needing always to be right
- . Running away from feelings
- . Intimidating, the need to dominate
- . Choosing the tough & masculine over the creative & thoughtful
- . Letting "her" handle everything related to the home space
- . Being stoic and uncommunicative
- . Being your work
- . Choosing beauty over character

Childishness

- . Unwilling to say, "I'm sorry"
- . Expecting my mate to be my mother
- . Not taking care of my health, not exercise
- . Abusing my body with alcohol, drugs, and cigarettes
- . Holding in my feelings .
- . Marrying at too young an age
- . Fathering kids too young
- . Watching television too many hours a day
- . Neglecting my spiritual life
- . Choosing mate on the basis of the feeling in my loins, instead of the feeling in my heart

Caretaking

- . Trying to take an active part in wedding ceremony plans when there are plenty of women in-laws who passionately want to run the whole thing
- . Not calling your wife when you're out late-or at any time when she would wonder if you'd been in a car accident
- . Smoking a pipe when it worries your wife, stains your teeth, gives you bad breath, contributes to gum disease and sometimes worse stuff
- . Not buying enough inexpensive yet wife-loving things like flowers, which always make women feel special
- . Not making more effort (arranging for baby-sitter etc. to date your wife after having children
- . Letting her wash the dishes all the time and not helping out more with household duties
- . Saying anything bad about my wife's family or friends
- . Not complimenting my wife more about hair, beauty, inner-self; guys forget that women want to be romanced for the rest of married life
- . Not providing enough foreplay and sexual sensitivity
- . The male tendency to want to forget miscommunications instead of talking them through; I can hurt her feelings

without even knowing it or intending to

Character

- . Placing more importance on passing pleasures than on eternal values
- . Thinking "love" is erections and ejaculations rather than choices and commitment
- . Stopping courting of their wife
- . Equating personal worth with professional worth
- . Investing more time, money, and/or energy in hobbies & sports than in family and relationships
- . Having no purpose in life
- . Expecting their kids to be as perfect as they wished they had been
- . Thinking anger, violence, and drug abuse (legal and illegal) are desirable expressions of manhood
- . Refusing to ask for forgiveness when they know they are wrong
- . Thinking leadership means total control and dominance

What Healthy Women Want

"wish list" for determining Mr. Right. included the following:

- . Treat his mother well
- . Protect children and animals and any others who can't protect themselves
- . Love God, be spiritual and respectful
- . Insist on his children being raised in a traditional home by their parents. . . not a day care institution
- . Think his role is to comfort me in rough times and not to protect me from them

TOP THINGS THAT TELL YOU THE WOMAN YOU ARE DATING MIGHT

BE WRONG FOR YOU:

1. She tells you she has low self esteem
2. She suddenly begins to like the same things you do
3. The period of time between her boyfriends and/or husbands is less than 30 days.
4. She has been with tons of men all with the same problem{s}
5. She is ready to sleep with you after the first or second date .
6. Her children don't really seem to matter when it comes to dating you .
7. She has a limited number of friends or you never meet them
8. She worries if you don't call every day/hour
9. Tells you she doesn't know what she wants or has no long term goals .

the key is to:

- . acknowledge the (obvious) truth that you have emotional needs and reactions
- . not wait until your emotions become overwhelming to examine and discuss them
- . realize that having emotions is as natural to all human beings as testicles are to males
- . understand that emotional experiences are sometimes the whistling teakettles which alert you that you're boiling over
- . recognize that emotions are also an integral part of your heart's appreciation of life's joys
- . realize also that your emotions are simply information from "within," as uniquely you as your fingerprints, and without which there would be little texture or dimension to your life
- *determine to respect your emotions as valuable to your identity, experience & actions in life- over which you have control only if you accept these truths

STUPID STRENGTH

- . Pushes for quick involvement (instant intimacy just isn't possible; an immediate sense of attachment and belonging is a sign of unhealthy dependency needs)
- . Jealousy and controlling (constant contact and inquisitiveness about activities; keeping the money/ car; demanding she ask you for permission for activities)
- . Unrealistic expectations (she must be perfect and meet all your needs or you're disappointed and angry)
- . Isolation (you must be the center of her universe, a universe with no other planets allowed)
- . Blames others for problems and mistakes and feelings (only others mess up your life or cause you to do or say the things you do)
- . Hypersensitivity (easily bruised or insulted)
- . Cruelty to animals and children (often seen as gross impatience with normal child or animal behavior and characteristics; 65 percent of spouse/partner abusers will also abuse children)
- . Verbal abuse (critical, degrading, cursing, blatantly cruel and hurtful things said, ugly names, etc.)
- . Threats of violence (intimidation with threats of physical violence and death directed at spouse or children. . . often later dismissed as temper)
- . Rigid roles (dictating of wife/husband responsibilities without mutual agreement)

STUPID SEX

*biology calls for simple sperm dispersal, while developing human beings require persistent intense relationships with the male parent to thrive as confident beings

*. Whereas biology calls for immediate relief and gratification of sexual tensions, human beings develop greater self-respect and sexual regard for others when they feel they are masters over their urges. not the other way around

. Whereas biology calls for immediate relief and gratification of sexual tensions, thoughtful men consider the consequences of inappropriate emotional attachments (hurts of the heart- hers as well as his), sexually transmitted diseases (hurts of the body), and unwanted children (hurts to the innocent).

. Whereas biology provides the beauty and excitement of sensual and sexual pleasures, men ultimately realize that the real thrill comes from the love and acceptance. from a woman in a committed relationship.

. Whereas biology provides the initial feelings of rapture and infatuation, men, by virtue of their obligation to their woman and their children, determine to trade serial rapture for the satisfaction of having someplace to feel safe, wanted, and valued for more than what their penis can supply.

Watch out for women who can't relate to you without:

- . punishing you for their past hurts with anger and/or rejecting behaviors
 - . making their hurts from the past part of your current relationship by either constantly going over them or constantly making you tend to their undying pain
 - . making you feel you can't be "real" because that prospect is somehow threatening or upsetting - considering "what's happened" in her past
 - . making you feel guilty for having needs, wants, and desires--considering her delicate condition
 - . making you feel it's your responsibility to give her a perfect life now (no matter what it costs you personally) to make up for her past
 - . making you feel you have to be the more responsible partner in the relationship because she's still "healing"
- ### to be a DAD
- . read to your children
 - . keep your promises
 - . go for walks together
 - . let your children help with household projects . spend time one-on-one with each child
 - . tell your children about your own childhood

- . go to the zoo, museums, ball games as a family . set a good example
- . use good manners
- . help your children with their homework
- . show your children lots of warmth & affection
- . set clear, consistent limits
- . consider how your decisions will affect your children
- . listen to your children
- . know your children's friends
- . take your children to work
- . open a savings account for college education
- . resolve conflicts quickly
- . take your children to your place of worship
- . make a kite together
- . fly a kite together
- . you get the idea. .
- . it takes a man to be a dad

children from a fatherless family home are:

- . 5 times more likely to commit suicide
 - . 32 times more likely to run away from home
 - . 20 times more likely to have behavioral disorders
 - . 14 times more likely to commit rape
 - . 9 times more likely to drop out of school
 - . 10 times more likely to abuse chemical substances
 - . 9 times more likely to end up in a state-operated institution
 - . 10 times more likely to end up in prison
- compared with children raised by both parents, those raised by one parent (nine times out of ten it's the mother) were twice as likely to drop out of high school and two and a half times more likely to be teen mothers

In dealing with his mother every man needs to:

- . Accept the "limitations" or "idiosyncrasies" of Mom's personality as uniquely "hers."
- . Avoid taking responsibilities for Mom's unique moods and behaviors.
- . Accept guilt for not being a respectful or honorable son- do not accept guilt for your mother's typical feelings or choices or actions or the consequences therein.
- . Avoid expecting a woman to fill your heart for an absent or lacking mother.
- . Accept that your mom will never be the perfect "mom," without giving up the good stuff you do get.
- . Avoid making a woman responsible for the quality of the relationship you have with your mother.

- . Accept that a woman can accept you and still reject some of your actions.
- . Avoid avoiding women because you don't want to face your ambivalent feelings toward your mother.
- . Accept that short of perfect can still be very rewarding in relationships.
- . Avoid using women to compensate for your real or imagined gaps in wonderfulness.
- . Accept that being a woman is just as difficult as being a man-so stop being so self-focused.
- . Avoid avoiding feelings and problems; you don't end up any more competent or connected by doing so.
- . Accept that needing and loving a woman is one of the signposts of a healthy, successful man.

STUPID MACHISMO

Males

1. Led by instincts (lust, anger, etc.)
2. Concerned about self
3. Flees responsibility (blame-shifts and denial are way of life)
4. Constantly proves himself macho
5. Loves conditionally (what's in it for me?)
6. Independent, isolated (loner)
7. Seeks control-power
8. Empty talker-boastful
9. Primarily a taker
10. Inconsistent in morals and ethics

Men

1. Develops self-control
2. Concerned about others
3. Accepts responsibility
4. Secure enough to be gentle
5. Loves unconditionally
6. Team player
7. Leads fairly and justly
8. Man of action
9. Giver
10. Holds to a standard of conviction

I became a MAN when I:

- . started to own up to my responsibilities
- . scaled down my busy life to spend more time with my son
- . when I started being honest with myself and others
- . when I sincerely apologized to the people I had hurt and deceived
- . stopped blaming everyone else for my actions
- . started to properly care for my health
- . stopped having sex with everything that moved

- . realized that long term gratification is a reward in itself
- . realized that a committed, loving relationship with one person was worth waiting for
- . when I realized that it was more important to have self-worth than a large ego
- . when I acknowledged that actions are more important than words
- . when I acknowledged that I wasn't the center of the Universe
- . when I went for counseling
- . when I realized that a mind is a terrible thing to waste
- . when I stopped talking about change, and started growing as a person through my actions
- . and most important of all . . . when I realized that my actions were a legacy I was leaving for my son and started being the proper (living) example I had always dreamed of becoming

eyes when he is speaking or listening to her.

- . A man is one who holds deeply held convictions, and high ideals of integrity. He is dedicated to these principles, willing to invest his life in them, and if necessary, give his life for them. It is his life, not his conversation, that serves as a quiet testament to his integrity.
- . A man is an individual who keeps his commitments
- . A man is an individual who does not measure success by material attainment, but by the legacy that he leaves behind.

Who is a Man?:

- . A man is an individual who worships the God in heaven, takes pride and ownership in his family and works hard to provide for their needs.
- . A man does not use profanity
- . A man is an individual who views his career not as the primary means of self-achievement, but merely as a means to provide for his family
- . A man is an individual who respects and cherishes women, he is one who will put a lady's needs ahead of his own personal convenience. He will defend her honor. He will hold a door for her. He will relinquish his coat to her on a cold, windy day. He will look into her