

Rivka Malka and Devora
Intimacy Class 2 notes

03-10-2021

Today we will explore He said, She said,- the male and female dynamic

Understanding what your spouse wants from the other

Recap from last week's session

When we two people come together you must hold space for yourself, this is a daily and life long process. We are constantly learning to tune in what is happening inside of me. Hold your experience to be true to you, and then look at your spouse and think what life must be like for them.

Who I am I can honor myself, who are they and how can I honor them and what does our relationship need.

Don't hold resentment

Male Female dynamic

You may have a lot of stories you tell yourself about your spouse in your marriage, and you may feel the unmet needs when we are talking about needs.

At the end of the day everything they are saying applies to both Men and Women, but one needs it more strongly than the other.

We give the type of love we want to receive.

We need to realize what our spouse may need may be different from us. Hence why we will go through what men and women need so we can understand our spouse and what their needs are valid because its who men are and who women are.

What is our formula for what a man needs? RRR

Women this for you to learn about men (this is not organic for us)

RESPECT, RELEVANCE AND RESURANCE- What every man needs

What does that look like?

Respect- acknowledgement, what he is giving you is something only can give you (even if you think you can give it yourself)

A man wants to be there to show up and help her in ways only he can help. Women ask your husbands to help but give him the space to do it in his way, and allow him to say no if he needs to know.

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See how he shows up in different ways and understand that is beautiful and perfectly him, trust and respect the fact that he knows what he is doing and he is capable.

Acknowledge what he is doing is best and what he is giving is good, and how he is showing up.

Don't correct him.

The more a man is trusted the more he will show up!

It is your hands to help him become the man he can become but you also have the power in your hands to emasculate them, which can turn into a vicious cycle of him not being the man you need him to be but he didn't get the chance because he was put down. Causing disappointments that can't be met on either side.

What if you man isn't showing up for you? (Any of us can get into these ruts of emasculating and undermining your husband and wonder why he isn't being a man)

You have the ability to make your husband rise to a star or completely crush him.

Don't criticize, don't be his mother, don't give "reminders"

Hold your knowledge for yourself, and give space for your husband to rise

Relevance-Women understand men need to feel relevant even if you husband can't express it.

They are the fabric that makes them feel whole, how important they are to you, your children and what he does in this world.

I can do what I can do because what you give in my life

Husband before children and let your children know he is relevant

Let your husband know he is relevant to the decisions in your life, and how you make your choices.

Involve him and let him know what's going on

Share with him, ask him his opinions

There is a massive value to asking for your husband's opinions and advice on something, it's a relationship builder. Come from a place of respect.

Ask for advice and opinions from your husband whenever it's possible.

Reassurance - adult reassurance that he is a whole person, that he can be real in every situation that he shows up to. That he has what to offer, that you are supporting him as his wife, and partner. He may not be able to express something he wanted to but it makes him no less smart, no less capable.

Don't correct your husband

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Allow him to be his authentic self, don't try to fix or change him. Don't break their confidence.

People do rise to the expectations you have for them.

What can I give him to help him be the best he can be.

Believe in him, it will help him shine-he will have his own timeline and things will add up little and little.

Your judgment for good or bad will dictate so much about how your husband will act.

Be loyal to the belief(reality) in his(your) magnificence no matter what- there is a grand plan, it takes emunah to be in marriage.

A woman is a man's mirror.

Women treat your husband with the 3 R's and he will shine.

Women need TLC-TENDERNESS, LUST, CONSIDERATION

Men open your minds

T-Tenderness A woman is soft, needs tender speech, she is something cherished, not something you take for granted or speak harshly too, give orders too. When you speak to her in a tender language and tone, you are letting her know she is cherished, important, and makes his life sweeter.

When you speak to your wife you recognize you are with a beautiful gift Hashem gave you, and you want to be gentle to her and it makes her more gentle.

Women often wonder if they are really loved, does he find me beautiful, you need to let her know this in small ways.

Men, you have the power to help women move for life on a cloud- but you need to oil the engine every day with love and tenderness

Romance is not a once a year type of thing.

Add softness, have exclusive names just for them. It takes practice

A woman needs to be wanted, being appreciative of her softness.

Hear her, let her say how she feels, don't solutionize immediately.

The more gentle you are with your wife the more she will be able to relax her guard down.

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If you don't know what your wife wants to hear, ask her

Lust- it feels like you are hungry for something- physical desire, I want you, I am attracted to you. She needs to know she is desired, when she smiles, does something it means something to you, and let her know in both subtle and overt ways.

When you let your wife know you desire her, it brings out the woman in her.

Lust for her sexuality, her unique perspective, the way she raises your children, the way she knows how you like to be touched.

Investing in lusting will make you closer.

Women need to know what they are giving is air-they need to feel that cherished.

A man needs to appreciate the woman he has at home. Don't take her for granted, what would you be without her.

Men ask for a hug from your wife.

Give her a sexual or tender touch throughout the day.

Smile at your wife

C-consideration-Women need to know that know matter how busy their husbands she needs to know she matters. That she is prioritized

This extends to the bedroom, the she may need more preparation

Prioritize her love language, see her and know her

That she is necessary in this world to you

Just "be nice" "be easy"

Men keep your ego in check and be considerate of her. This will help you expand into being a man

Don't take away her feeling of she is doing something beautiful,

Don't correct her

Allow each other to have your own domains