

# **FOR BETTER OR FOR BEST**

GARY SMALLEY

## **APPLICATION GUIDE**

### **Part 1**

#### **Chapter 1 – Lasting Relationships Don't Just Happen**

1. What is the one big reason marriages fail?
  
  
  
  
  
  
  
  
  
  
2. Why is a wife so important to her husband? (See Genesis 2:18; Matthew 22:36-40)

#### **Chapter 2 – Eight Ways Husbands Hurt Their Wives**

1. We could probably think up some more, but since we are to think on the things of “good report” we won't go there! But of the eight ways Dr. Smalley chose to discuss in this chapter, which of these hurts is most prevalent in your relationship with your husband?
  
  
  
  
  
  
  
  
  
  
2. Is it your responsibility to help your husband learn how he offends you? Is your communication level deep enough to allow offenses to be shared openly so that true forgiveness can be achieved?
  
  
  
  
  
  
  
  
  
  
3. Regardless of whether your husband asked for forgiveness or not, or even knows that he has offended you, are you obligated to forgive him? What does Matthew 18:21, 22 say about forgiveness?

#### **Chapter 3 – The Hidden Reasons Men Act The Way They Do**

1. Studying the differences between men and women in this chapter it is easier to see why there is potential for conflict in relationships. Which difference affects your relationships:
  - a) mental / emotional
  - b) Physical
  
2. How do these differences affect your home?
  
  
  
  
  
  
  
  
  
  
3. What do you feel God is leading you to do in regard to these discoveries?

Chapter 4 - **Helping Your Husband Become More Sensitive**

1. Dr. Smalley encourages us to learn to express our feelings through three *loving* attitudes. What are they?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  
2. How do you usually express your feelings?
  - a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_

Chapter 5 – **Motivating Your Husband To Listen To You**

1. Slapping him upside the head is not an option, nagging him doesn't work, so according to our book, how do you catch your husband's interest and keep it?
  
2. What would happen if you tried this idea in your home?

### Chapter 6 – **Motivating Your Husband To Change**

1. What does 1 Peter 3:1 tell us to do with a husband that is disobedient to God?
  
  
  
  
  
  
  
  
  
  
2. What six essential inner qualities does it take to prepare a husband to listen? Circle the one(s) that you find nearly non-existent in you.  
  
a) \_\_\_\_\_ d) \_\_\_\_\_  
b) \_\_\_\_\_ e) \_\_\_\_\_  
c) \_\_\_\_\_ f) \_\_\_\_\_
  
  
3. What is your greatest strength to detect praiseworthy qualities in your husband?

### Chapter 7 – **How To Increase Your Husband's Desire To Spend Quality Time With YOU**

1. How did you score on the Quiz in this chapter? "Confess your sins one to another".
  
  
  
  
  
  
  
  
  
  
2. On the ten most practical ways to express admiration for your husband, list below the one(s) that you do regularly.

3. How does our attitude affect our relationship? How's your attitude?

**Chapter 8 – How To Gain Your Husband's Undivided Attention On A Consistent Basis**

1. Dr. Smalley lists 4 ways to gain your husband's consistent, undivided attention (and still keep your clothes on). What are they?

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

2. How does this translate into actions that you can take in your personal relationship?

3. What are the anticipated results of a husband who sees your sincere expressions of his worth?

**Chapter 9 – How To Increase Your Husband's Sensitivity To Your Emotional Needs and Desires**

1. What does Galatians 6:7 have to do with your emotional needs and desires?
  
2. What is the difference between explaining our feelings and needs, and voicing complaints? (If you don't know, please re-read this chapter.)

#### **Chapter 10 – How To Gain Your Husband's Comfort and Understanding Instead of Lectures and Criticism**

1. What is the first step in motivating your husband to comfort you?
  
2. Have you seen this work for you? Watch for opportunities.
  
3. Do most men know what you need without being told? What is the most effective way to tell them?

#### **Chapter 11 – How To Motivate Your Husband To Receive Your Correction Without Defensiveness**

1. Administering Sodium Penithol before you tell them could land you in jail, Dr. Smalley uses the “sandwich” approach. Explain it.
  
2. What is the “puzzle” approach?

#### Chapter 12 – **How To Gain Your Husband’s Appreciation and Praise**

1. What approach involves expressing esteem for him verbally or through letters, love notes, and cards?
  
2. What are some tactics of the “indirect” approach?
  
3. What are three sure-fire ways to alienate your husband. (If you are like me you knew how to do this before you read the book!)

#### Chapter 13 – **How To Help Your Husband Share Responsibility For Your Children and the Household Needs**

1. Having him arrested for vagrancy or trespassing will get his attention, but will not give you the desired result, therefore what are the other options mentioned in this chapter?
2. In the book *Seven Things Children Need*, Dr. John M. Drescher offers a stern warning to women. What is it?
3. Would you be guilty of putting your children and your marriage at risk if this warning is true?

#### Chapter 14 – **How To Motivate Your Husband To Meet Your Material Needs**

1. Are you and your husband “equally yoked” when it comes to material expectations? Do you feel your material needs are adequately being met?
2. Which of the options listed are you most comfortable trying on your husband? Which do you feel work most effectively in your home?

#### Chapter 15 – **How To Increase and Deepen Your Husband’s Affection For You**

1. What are some ways that you can “keep a small spark burning” in your husband’s heart for you?
2. What about a major “fire”?
3. How do your past offenses toward him affect this fire?

#### Chapter 16 – **How To Become Your Husband’s Best Friend**

1. Buying a fishing boat may not be in your budget, so after reading this chapter you may get some other ideas. What are they?
2. What is your personality type?
3. What is your husband's personality type?
4. What do you and your husband do to maintain your friendship?

HOW WILL THIS BOOK CHANGE YOUR MARRIAGE FROM THIS POINT ON?