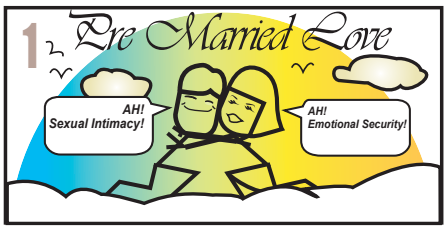
# How Men & Women Find & Fulfill THEIR 2 Greatest Needs

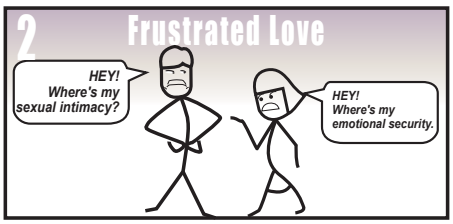
*Larry Bilotta*


## First, understand the 5 Phases of marriage that couples experience from the time they fall in love... to the bitter end...



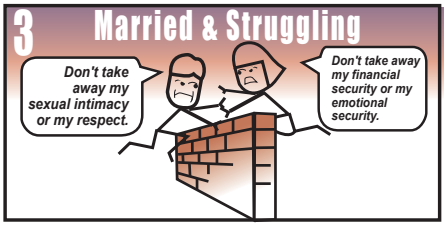

*Feelings last forever  Problems easy to solve  Communication is natural*

PRE MARRIED LOVE is without comparison. It's a feeling that is spontaneous, fulfilling and best of all...IT REQUIRES NO WORK AT ALL. The couple believes it will last forever with no effort so Pre Married Love is a kind of "bait and switch".




*Unmet needs a shock  Talking is tense  Efforts to solve problems*

FRUSTRATED LOVE is the phase where couples struggle because the two needs that were met in pre married love, begins to disappear after the marriage. Neither spouse has any idea how it happens but blame is abundantly placed.

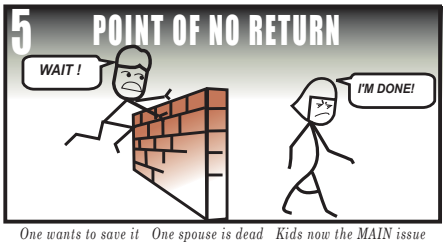



*Calm before storms  Communicate with anger  Some good days, some bad*

MARRIED & STRUGGLING find couples in tension from "clamming up" to direct confrontation. What matters is that neither man nor woman can clearly express what it is they need and have been denied from their spouse.

*Both are angry  Affair's likely  No good days for one*

MARRIED & MISERABLE Anyone in Phase 4 is vulnerable to an affair by being around the opposite sex who offers what the spouse won't. For men, they are starving for respect. For women, they long for emotional security. In Phase 3, the couple is STARVING for their needs, but see no end to their pain.




*One wants to save it  One spouse is dead  Kids now the MAIN issue*

THE POINT OF NO RETURN is the end of marriage, yet it's also when many spouses "snap out of it" and realize they are about to take the wrong road. In sad situations, children are involved and one spouse has emotionally "checked out" with no hope to revive them.

## There's a Positive Alternative to Being Unhappily Married

If you've not reached phase 5, then read the rest of this report VERY CAREFULLY and complete EVERY STEP. Your family and your own happiness depend on it.

**SOMETHING in your marriage has to change**...if you're a woman; you might think it has to do with romance. If you're a man, you might think it's sex. So who's right?

There are two needs men want and two needs women desire. In an unhappy marriage men and women have no idea how to communicate these needs to each other resulting in frustration and separation.

What follows is the 2 greatest needs of men and women that married couples remain ignorant about up to this day, which guarantees a painful breakup for 50% of all first marriages.

Hint: If you DO meet these 2 needs for your spouse, you'll notice an immediate improvement in your relationship and in the way s/he treats you.

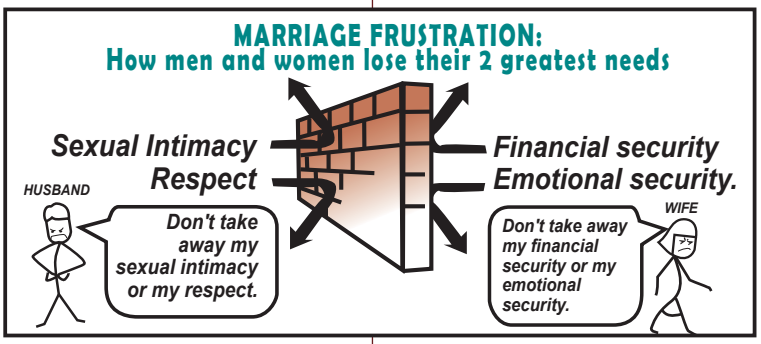
Affairs are really all about a man looking for his 2 most overlooked and unmet needs. The reason I say "overlooked" is because MEN cannot explain their own needs in a clear way.

making dinner one time.

Why don't wives realize they are destroying the one thing that could make their man happy? Why don't women understand that TELLING a man what's wrong with him will shatter any chance she ever had of getting her two greatest needs in life met by her husband?

A man does NOT want to look weak, incompetent or stupid, ESPECIALLY in front of people he knows. Doing something like this to your husband takes away his respect and dignity leaving him feeling bitter, angry and resentful toward you.

Now let's move on to his need #2...




## MEN AND RESPECT: NEED #1

Sure, men can at times appear to be like animals when it comes to women and sex, but THAT'S AN ACT. If you want to see real men in action, take a look at how an affair works.

A man becomes interested in a woman who is NOT his wife because she gives him large doses of respect on a regular basis. And without even realizing it, this woman tells this married man (that's a key word for you...TELL) that what he does is SMART, CLEVER, INSIGHTFUL, CUTE and all around GOOD.

When a man hears this, SOMETHING in him lights up and generates the feeling he calls respect. And as long as the woman is in pursuit of this married man, she continues to TELL him these things. Its common for a woman to stop TELLING a man these good things once she marries him. This man then becomes starved for RESPECT.

But instead of giving him the respect he needs, many women decide that they need to FIX the man they married. They do this by TELLING their husband everything that he does WRONG. These women actually believe that their criticisms will correct their husbands' faults. If this could have worked, it would have worked by now. Why do men need respect in the first place? To help you understand, picture this...

You and your husband are at a dinner party with your friends and their husbands. The subject of housework comes up.
You start complaining about your husband in front of everyone. You ramble on about how you always have to tell him to take out the trash and how he is always late whenever it's HIS turn to pick up the kids. You even bring up his feeble attempt at

## MEN AND SEXUAL INTIMACY: NEED #2

Most Men Are NOT Drawn Into An Affair for Sex. They Are Drawn To Any Woman Who Will Give Them RESPECT.

Once a man is respected, he feels that he can protect this woman from any threat. She is his most important prize in life. The woman who respects a man is his "fountain of youth". She gives him a reason to go on living in spite of the rest of the world being against him.

When a man feels this way emotionally, he wants to connect with this woman, and to do that, it must get physical.

Of course men have something women don't have. They've got a built-in biological pressure that demands to be released, some experts say, every three to seven days.

Women have no interest in this male need and no ability to comprehend it. A man has a physical force in him that pushes to connect physically with the woman who respects him. It's not sex a man wants, its sexual intimacy. Sexual intimacy is NOT just the sex act.

Sex might please only the man, but sexual intimacy is all about a man's ability to physically please a woman. In order for a man to want to fulfill a woman in this physical way, it takes a lot of work, concentration and concern on his part.

He has to be patient and focus on her. He has to be sensitive to what she is feeling. If he does ALL, he experiences a great reward. This woman gives him what EVERY man wants more than life itself. The Ultimate Message he longs to hear: "You Excite Me!" This is a Man's Greatest Reward. This is his Sexual Intimacy.

At this point, I hope you're beginning to see how essential respect and sexual intimacy are for a man. If you criticize everything about your husband, you're starving and preventing him from getting what he needs to feel fulfilled: his 2 most important needs. Now let's move on to women's 2 most important needs in life.

## WOMEN AND FINANCIAL SECURITY: NEED #1

In any modern shopping mall, you can see that it's women who are doing the buying. All by themselves. American women alone are the largest economy in the world, ahead of the second largest economy in the world...the nation of China.

Women enjoy buying things to create attractive homes and make children and others happy. This includes giving gifts which most women love to do. For all this beauty and gift giving, women need to shop.

Men find this difficult to understand, but for women, shopping becomes a mix of challenge (finding the best buy), joy (discovering something a loved one would enjoy) and need (the urgency of food and shelter).

Women are not obsessed with money. It's not the money they want. What women want is:

The beauty that money creates in their homes.
The clothes, shoes and products that make them personally attractive as well as making the lives of their families more enjoyable.
The comments and admiration they get from friends and relatives.
The reaction from children and adults when they receive a thoughtful gift.
They want to know that everyone will eat, everyone has appropriate clothing and everyone can go out to eat, which women love to do because it brings them together.

For women, Financial Security means that the family's future has been secured because home, life, health, dental, disability, car and long term care insurance policies are all paid for. Their financial security requires savings accounts and retirement funds.
IT ALL COSTS MONEY.

For women, Financial Security supports their feeling that relationships, the most important item in their lives, is safe. Take this away from a woman to any degree and you're destroying one of her greatest needs.

**Men Don't Understand Women's Version of Financial Security.**

Men find women's interest in beauty, or owinng 30 pairs of shoes, completely illogical. Just like women make the big mistake of robbing their husbands of respect, men fail to support their wives' need to create beauty and care about their relationships.

When men do this, they're actually destroying their wives' Financial Security. Because men can live without the things women see as a priority, men make the big mistake of concluding that women should be the same way.

In a troubled marriage, husbands often destroy their wife's hope by not giving her the two greatest needs she requires, even while the wife acts as if her husband's needs don't matter.

Men and women are shocked when they discover that while they were busy getting their own needs met; they completely overlooked their spouse's needs.

## WOMEN AND EMOTIONAL SECURITY: NEED #2

This is the mystery need...the most complex one of all. Describing it with a single term won't work because it makes this need appear too simple. This need is FAR from simple.

The reason? A woman's emotional security requires a "secret recipe" with 5 ingredients that men rarely understand. What further complicates this for a man is that women have NO IDEA how to explain their own need for emotional security to their husbands! Let's look at the Key to a Woman's Heart: The "Recipe" for Her Emotional Security.

**Ingredient 1: Thoughtfulness**

Now every woman has her own way to describe this but generally, she wants a man to think of her not only when she's NOT around, BUT ESPECIALLY when she IS.

When a man finally realizes that thoughtfulness will make his wife truly happy, he will occasionally make her breakfast, take her out for coffee and conversation when she least expects it, notice that she is tired and take over some of her daily chores, give her surprise back rubs, bring her home a little gift on a Tuesday and much more.

This is a key part of her ability to feel emotionally secure. But what's most ironic about this is that husbands do all these things when they're trying to win over their wives in the first place....BEFORE marriage. Then the vast majority of men end this behavior shortly after the wedding.

**Ingredient 2: Thoughtfulness of others**

Women are interested in caring for their children, relatives, friends, pets, anything or anyone that can be cared for.

When a man takes an interest in any person she cares for, and does it with CONCERN, she lights up like a Christmas tree.

In "man talk", Caring for the people your wife cares about is a big "turn on".

Think and talk positively about the people and things she cares about and you will be creating emotional security for "your better half".

**Ingredient 3: Listening**

Everyone knows that women love to talk, but that's not the part that women love. What they love is having someone listen with interest as they talk. Men make the mistake of believing that women are talking in order to communicate important information. That is their minor goal.

Women are not talking to exchange information. They talk because they are wired to pour themselves into other people.

Having another caring person listen to anything that comes out of her mouth is the payoff. What a woman says is NOT the issue. Having a caring listener IS the issue.

This Is NOT About "Communicating".

When a man REALLY listens to his wife, he's creating emotional security. Every time he listens and says "Oh, no kidding!" or "So then what did you do?" he's fulfilling one of his wife's greatest needs by allowing her to, in effect, pour herself into him.

**Ingredient 4: Safety**

Women want to feel PHYSICALLY safe. Part of what attracts a woman to a particular man is that she feels protected when she is around him. He will stand up for her against anyone who would hurt her. Even more important than being PHYSICALLY safe, women want to feel EMOTIONALLY safe.

**Very few men succeed at this.**

A man can monitor this idea by asking one question: "How safe do you feel on a 100% to 0% scale with 100% being that you can say anything you want, any WAY you want, and you won't fear reprisal, attack or criticism? If that description is 100%, what's your score with me?"

Miserably frustrated husbands and wives give scores of around 5% to 30% - a dismal average and a predictor of divorce.

**Ingredient 5: Encouragement**

Women want their man to notice what they are attempting to do, to become and to improve. A woman wants her man to notice even her little attempts to be successful at anything (losing weight, dressing up, new hair style, cooking efforts, entertaining skills, gift choices, etc.,) are good, better or best.

When her man is noticing his wife, he will look for ways to encourage her no matter how insignificant it may seem. In fact, the smaller the better. Being thoughtful of others, listening, creating safety and encouragement is the secret recipe that creates emotional security for a woman.

**Where Is Your Marriage Is At Right Now?**

When reading the explanation of a man's 2 greatest needs and a woman's 2 greatest needs, did you notice a feeling of resistance or disbelief in your role as husband or wife?

If you're a woman, did you feel that inner resentment churning against your man because he has been starving you of your Financial Security, Emotional Security or both?

If you are a man reading about your wife's 2 greatest needs, did you feel something inside rebelling AGAINST what you were reading?

Did you hear a little voice inside your head demanding "Stop reading this garbage because you haven't had your needs met in ages, and it's not going to happen anytime soon."

If you experienced any of these feelings, consider them a confirmation that you've traveled too far down the wrong road.

Now it's time for you take a whole new route. The only way to have a chance of becoming a fulfilled man or woman in your intimate relationship is to learn that you each have VERY different responsibilities in your relationship. The responsibility of meeting each other's unique 2 needs.

In the graphic on page 2, notice that both the man and woman are spending their energy complaining about how their own needs are not met. That wall represents the obstacle they can't break through. To take that wall down, you'll both do something different than you've been doing.

Once you start meeting your spouse's needs, marriage will take on a whole new meaning because for the first time - in a long time - you'll see that your own fulfillment comes to you because of what you do for each other, not because of what is done for you.

This is a wake up call...FOR BOTH OF YOU. It proves that you have VERY different responsibilities in your relationship. Follow the solution in this report and you WILL transform the way things have been between you.

Of course you want your own needs met, but to have that, you first will need to meet your spouse's needs.

This is an ACTION PLAN of defining your 3 Core Definitions for your two greatest needs. Without these definitions, you won't be in touch with your two greatest needs.

Creating your 3 Core Definitions of your 2 greatest needs is easy using the Husband's & Wife's Needs Selector. (See below)

The Needs Selector makes it possible for you to create your core definitions in less than 20 minutes. Next Up: the plan to help you create your core definitions for your 2 greatest needs.

## How to Discover and Define Your 2 Greatest Needs

**Step 1 (men & women)**: If necessary, go back and read about men's or women's 2 Greatest Needs as explained above to refresh your memory. After you've done that, return here and continue with Step 2.

Actual husbands and wive have created their personal Core Definitions to define their greatest needs. It's their words that appear in the Husband's Needs Selector and the Wife's Needs Selector that follows.

This is how they expressed their needs. See how your own needs as a man (husband's needs) or a woman (wife's needs) can be found in these phrases as well.

As a man, you will create 3 Core Definitions on your need for Respect and 3 Core Definitions on your need for Sexual Intimacy.

As a woman, you will create 3 Core Definitions on your need for Financial Security and 3 Core Definitions on your need for Emotional Security.

NOTE: What you end up writing down on the 2 Greatest Needs Summary Page, (Below) must be stated in a POSITIVE manner, NOT negative. If this is a struggle for you, write the negative version down first. When you have made your point in a negative way, then turn each negative thought into its positive counterpart.

**Step 2 (FOR MEN):**
Begin thinking about your need for Respect by reading phrases under the headings in the Husband's Needs Selector. Heading Examples: My Opinions / Acknowledge Me / I Matter

As you read through the phrases under each heading, repeat to yourself: "**If she really loved me, what would she DO for me?**" Keep saying this to yourself as you scan the phrases, comparing them to this question. Some wording will create a stronger emotional feeling for you than others.

Rate each phrase with a "10", "makes me feel very good", down to 1 "doesn't do anything for me" type of scale. Using this rating scale, immediately draw a rating number next to each phrase you like. Once you have rated every phrase in that list, look ONLY at the phrases you rated with a 9 or 10.

NOTE: You might find that one or two phrases you rated as a 9 or 10 can be copied word for word because it expresses your need in every way. On the other hand, you might be bothered by certain words in highly rated phrases that you will need to change in order to fit you perfectly.

EXAMPLE HEADING: **My Opinion**

SENTENCE YOU MIGHT CHOOSE UNDER THIS HEADING:
"Be interested in everything I have to say."

PHRASE THAT DIDN'T FIT YOU:
"...everything I have to say"

HOW YOU MIGHT CHANGE THE SENTENCE SO IT FITS:
"Be interested in my feelings about things i'm interested in."

Follow this same process until you've created your three Core Definitions for Respect and three Core Definitions for Sexual Intimacy. Be sure to write these definitions on the "2 Greatest Needs Summary Page" (on the husband's side ).

**Step 2 (FOR WOMEN):**

Of all needs that humans have, no needs have been more murky and mysterious than a woman's need for emotional security. Nothing has been more out of reach for husbands than understanding his wife's definition of emotional security.

When you have finished this exercise, your husband will not be frustrated by what frustrates most husbands. He can now begin to meet your clearly stated needs.

To begin, start thinking about your need for Financial Security by scanning the Financial Security phrases in the Wife's Needs Selector

As you read, repeat to yourself: "**If he really loved me, what would he DO for me**?" Saying this to yourself will help you determine which phrases resonate with you most.

One of the phrases will create a stronger emotional feeling for you than the others. Then start rating each one with a "10", "makes me feel very good", down to 1 "doesn't do anything for me". Using this rating scale, immediately place your rating next to each phrase. Once you have rated every phrase in that list, look ONLY at the phrases you rated with a 9 or 10.

NOTE: You might find that one or two you rated as a 9 or 10 can be copied word for word because the statement expresses your need in every way. On the other hand, you might be bothered by certain words in a highly rated phrase that you will need to change in order to fit you perfectly.

HEADING EXAMPLE: Financial Future

SENTENCE YOU MIGHT CHOOSE UNDER THIS HEADING:
"Ensure my financial security by talking about what you are feeling for our financial future together."

PHRASE THAT DIDN'T FIT YOU: "...Ensure my financial security"

HOW YOU MIGHT CHANGE THE PHRASE SO IT FITS:
"Demonstrate that my financial safety is your top priority by talking about what you are feeling for our financial future together."

Follow this same process until you have three Core Definitions for Financial Security and three Core Definitions for Emotional Security. Be sure to write these definitions on the right side of the 2 Greatest Needs Summary Page.

If you're unsure how to change the statements, here is an example of how one woman was able to accomplish this: In her attempt to alter one of her three core definitions, she chose the phrase from the Wife's Needs Selector "Tell me how much you value my efforts to make our home beautiful for our family."

The phrase felt good, but it didn't hit the bulls-eye yet. She found that by trying different replacement words for "TELL", the feeling became much more positive for her. She tried "Share with me" and "Add your own efforts" as choices. When she wrote the word "Add" she realized that she didn't want her husband to simply tell her how valuable HER efforts were to make their home beautiful, she REALLY wanted her husband to work WITH her and contribute to how they made their home beautiful together.

One of her three Core Definitions for her Emotional Security need became "Add your own efforts to mine as we make our home beautiful together." This wording thrilled her. That's when you know you have the right wording. The right wording hits home with you emotionally. Don't settle for anything less.

## THE HUSBAND'S NEED SELECTOR

The following needs were written by husbands. They will help you choose the wording for your own core needs of Respect and Sexual Intimacy. (Follow the instructions under Step 2 For Men.)

**A Husband's #1 Greatest Need: RESPECT**

**My Opinions**
Make the effort to seek out my feelings about situations.
Be interested in everything I have to say.
Be interested in my creative ideas and making a difference.
Trust me enough to allow me to help you solve any problem.
Let me know you believe in my ideas and stand behind me.
Trust me to make the right decisions in finances.
Encourage my choices and opinions about my social circle.
Give me a judgment-free option about social events.
When I talk, listen to my whole idea first before you react.
Take time to value my ideas and dreams as legitimate to you.
Show me respect as a father and as a man.
Be open and interested in my opinions.
Be sensitive to the sensitivities of people around us.
Let me finish whatever I'm trying to say before you inject.

**Acknowledge me.**
If you've formed an opinion, let me know before you ask mine.
Listen to my opinions and acknowledge they are legitimate.
If I feel strongly about an idea, back me.
When you are excited about your idea, be open to my alternative.
Value my opinions and skills as highly as your own.
Value my opinion about choices in major decisions.
Trust and support my dreams whether they pass or fail.
When events are coming, tell me all about them long before.
Show how what I do and believe in does matter to you.
Have some blind faith in me at times.
Accept my praise and tell me my opinions are good.
Notice the good things I do
Appreciate all that I do to make our family financially secure.
Recognize my work responsibilities are legitimate.
Act like you believe I am leading our family
Encourage my little successes.
Look for ways to show you appreciate my hard work for us.
Show that you appreciate my willingness to make sacrifices.
Give me credit for how well I use my time to get things done.
Rejoice with me when I am cited for a job well done.
Actively understand my work load and respect me for it.
Take notice and tell me what you feel about all I do.
Every week take a little time to tell me that I have contributed.
Give me small encouragements about ways I am building your trust.

**I Matter**
Accept and honor my opinions as valuable.
Be totally honest with me in your opinions and your actions.
Show me that I am as important to you as the children are.
Give me the trust to know I'm ok when I'm out.
Help me know when and how I can give you undivided attention.
When its your family or me, choose me.
Respect my #1 desire to attempt to have children.
For decisions that only impact me, find a way to be supportive.
If you begin to feel tense, wait to communicate with me.
Be interested in the daily activities of my life.
Stay calm whenever you talk with me.
Give me hugs and kisses when I come home from work every day.
When we talk about difficult issues, stay calm and rational.
Do all in your power to show our kids how much you respect me.
Look for every little way to encourage me.
Be my source of positive feelings under every condition.

**Be Loyal**
Show by your actions that I am the only man you ever want.
Look for ways to demonstrate publicly that you are proud of me.
Be very attentive to me in public and not to other men.
Include my best qualities in your discussions with others.
Always communicate your situation and when you'll return home.
Make our relationship privacy a top priority to you.
Respect my work and effort to support our family.
If I feel strongly about doing what I believe in, get behind me.

**Being With Me**
With a calm smile on your face, show that you enjoy being with me.
Speak about me positively when together in public.
Give me the task free house so I can just enjoy you when I come home.
Show me your excitement that I'm home again.

**What's Good About Me**
Look for what's right about my ideas, not about what's wrong.
Talk to me like a valuable adult.
Build me up in big and little ways while you control your bad feelings.
Look for ways to promote my strengths to our kids.
Focus on what's right about me instead of my faults.

**Forgive Me**
Forgive my mistakes.
When you attempt to help me improve, stay positive.
Accept my eccentricities as good and normal for me.
When I mess up, forgive me and help me start over.
Don't get mad when I make mistakes in the details.

**Do It Myself**
Allow me to do the things I love to do without guilt.
When I come home from work, give me an hour alone to decompress.
Endorse my need for time alone.
Respect my need for a reasonable amount of time alone each week.

**Care for Home**
Because you love me, keep our environment clean.

## Husband's Need for Sexual Intimacy

**Initiate Intimacy**
Through what you say and do, show you want to be intimate.
Take confident yet gentle steps toward our intimate time together.
At home, be physically close with touches, hugs and sitting close.
Put our sexual intimacy before less important things.
Give me hints any time that you are interested.
Thrill me by initiating sexual encounters.
Give me affectionate touches that demonstrate your desire to care.
Talk to me ahead of time about exciting intimacy.
Anytime we are together is the perfect time for you to flirt with me.
Take the initiative to be intimate because it makes me feel loved.
Be enthusiastic in your pursuit of me sexually.
Make it your number one skill to lure me to you day after day.
Set times aside for us to be physically together.
Occasionally surprise me by enthusiastically initiating intimacy.
When you call me, talk sexy to me.

**Find Me Desirable**
When we're alone, show how you find me desirable.
Remind me that you're attracted to me and that you like me.
Find me attractive and stay close to me in public.
Demonstrate in your actions that you find me physically attractive.
Share positive observations about my appearance.
Make every effort to find new ways to delight me sexually.
When something pleases you sexually, reaffirm it to me.

Show me that sexual intimacy with me is exciting.

**(Find Me Desirable** *continued*)
Seek to understand my sexual feelings when I share them.
Help me help you create our intimate times alone.
When I want intimacy and you are not able, build me up.
Show me that our physical connection is something you desire.
Find my advances attractive.
Show me that I excite you.

**Teach Me**
Kindly remind me to hug and kiss you.
Find ways to make our sex fun, exciting for both of us.
Forgive my past faults and help us have a normal sex life.
Teach me more ways that I can please you sexually.
Point out to me what pleases you sexually and repeat it.
Show me more ways to please you physically when we are intimate.
Teach me how to please you physically and emotionally.
Be patient with me as I eventually learn to satisfy you.

**Make Yourself Attractive**
Dress to attract me.
Make yourself a beautiful and exciting mystery.
Ask me what I think is sexy so you're attractive to me.
Keep yourself sexy looking for me.
Keep yourself gorgeous for me because you know it fulfills me.
Wear clothing that makes you attractive to me.
Your beautiful appearance is love to me -put energy into it.

**Be Ready**
Release yourself from anxieties so you are relaxed.
Accept my un-typical sexual outlook.
Control your negative feelings so you can desire me.

**Sexual Desires**
When we can't be intimate, use other ways to calm my needs.
Meet my male sexual needs when we can't have romance.
Be enthusiastic in doing sexual things you know I enjoy.

**Show Others**
Be proud to show me public affections.
Show me I am the only man you desire.

## THE WIFE'S NEEDS SELECTOR

The following are women's needs written by other wives. They will help you choose the wording for your own core set of needs as a woman. (Follow instructions under Step 2 For Women)

### A Wife's #1 Greatest Need: FINANCIAL SECURITY

**Take Initiative**
Do all in your power to secure our family first.
Take the initiative to talk about our long term financial plans.
Initiate a weekly conversation about our financial future together.
Take initiative to plan our financial future.
Insure my financial security by doing what it takes.
Take an active interest in managing a monthly budget with me.
Meet with me once a month to manage our goals for the future.
Stay actively involved as we make important family purchases.
Set financial goals with me to reach my desire for part time work.
Talk, and act on my savings, investment and security needs.
Plan with me how we can become self employed.
Use your knowledge of investments to build our retirement.
Initiate a budget planning and bill paying discussion every month.
Keep good records and build our financial future.
Plan with me so we can have a dream and a goal together.

**Financial Decisions**
Make bill paying your major priority.
Include me in financial decisions.
Encourage me in my money management.
Actively help us spend according to our budget plan.
Be a living example of wise shopping.
Show our kids delayed gratification.
Praise me for my wise financial management.
Find ways we can secure our financial future together.
Sit with me to review our finances.
Inspire me to save for enjoyable goals we can have together.
Make me feel financially secure because we both contribute.
Show how much you respect my opinion before you spend.
Join with me to enthusiastically set money aside for our family.
Help me plan a way to improve my self confidence.
Plan for my hobby budget because you believe I'm worth it.

**Allow Me Money**
Allow me the money and time for my guilt free trips.
Provide enough money so that I can create a beautiful environment.
Allow me funds for family and home expenses.
Encourage me to get rid of the guilt I have about spending.
Trust me with management of my own money each month.
Plan to buy me nice thoughtful things.
Encourage me to earn my own money in my own way.
Give me time to explore my talents and earn my own income.
Trust me with the assets you work so hard for.
Show me your joy in how money helps me create beauty.
Trust me with an amount every month so I can improve our life.
Help me plan, design and build my private retreat room.
Encourage me to spend money on myself.

**Encourage Me**
Say encouraging things about my purchasing habits.
Trust and show respect for my spending choices.
Commit to raising our donations.
Allow me to be crazy generous.

**My Contribution**
See our mutual costs of living as OUR expenses.
Welcome and enjoy my efforts to spend money to decorate our home.
Think of ways to show me my earning power has value.
Show me how much you value my financial contribution.
Allow my talents to do the job of creating financial record accuracy.

**Our Financial Needs**
Increase my feeling of financial security by planning investments.
Make it possible for us to only live on your income.
Be confident that we can have quality of life on the income we have.

**Keep Organized**
Show me you have our financial records in files.

### A Wife's #2 Greatest Need: EMOTIONAL SECURITY

**Be Interested**
Be interested in all that I say for it gives me reason to go on.
Initiate conversations with me where you show genuine interest.
When you're home, think about us, don't think about work.
Spend time with me by sharing and caring about all I have to say.
Take an active interest in listening to my ideas and situations.
Whenever I speak, show how you enjoy listening to me.
Listen to me and understand .
To validate me, listen, ask questions and show you are interested.
No matter the subject, be interested and listen with full attention.

Build me up first, then make your efforts to be understood.
Build up your self discipline and responsibility.
When you sense I'm emotionally hurting, stay, listen and care.
Talk to me about what is important to me.
Before you judge, understand what I'm going though.
Initiate questions about my life and situation then listen.

**Thinking Of Me**
Plan dates and gifts to show how you think of me.
Initiate plans and ideas that will bring us closer.
Send me flowers to surprise me.
Through your daily actions, show me that I'm on your mind.
In each day, do small things that make me feel most important.
Show me you are doing things I need you to do-don't put them off.
Show me that I can trust you completely.
Touch me, hug me and kiss me throughout the day.
Do little thoughtful things to show you're thinking of me.
I know that I'm loved when I'm touched so touch me.
Express your feelings about why I am attractive to you.

**My Opinions**
Give me total acceptance when I express my needs.
Treat me as an equal in our marriage by respecting my opinions.
When I talk to you about anything, make me feel safe.
Stay cool over the small issues.
Through your actions, show me respect as a woman.
Let me know how valuable I am to you by being sensitive.
Talk to me daily about your feelings and share openly.
Look for the good things I do and tell me you noticed them.
Open yourself up to me and admit you need my help.
Search for every encouraging opportunity to build me up.
Take every opportunity to build me up in the eyes of our kids.

**Our Children**
Show an interest in our children's behavior and spiritual lives.
Make our home safe and enjoyable to live in.
Take a passionate stand for instilling great morals in our kids.
Be a strong and caring father for our kids.
Keep thinking of big and little ways to help me raise our children.
Do all in your power to bring our family closer together.
Make me and our kids your top priority.

**Defend Me**
Defend my best interests in all situations.
Keep your voice tone calm so I can feel safe with you.
Create a buffer zone of protection during my moods.
Remember how easily bothered I am by that which is disturbing.
Romance me by showing everyone how you will defend me.
Seek every opportunity to build me up and protect me.
Promise me every day that you will be here for me no matter what.
Protect me from your family's criticism.

**A Gentleman**
Have a friendship with me free of negative attitudes.
Do for me all the classic social graces a man does for a woman.
Respect me with a calm voice and a kind manner.
Show me how you long to please God by your Godly action.
Be honest in all things.
Pray with me every night.
Say what you mean and mean what you say.
Keep my trust high for you so we can always talk freely.

**Social Life**
Initiate the plans for holidays and enjoy them with me.
Encourage my once a week need to get out of the house as a couple.
Think of things we can do together every day big and small.
Make plans and join me in an active social life.
Be my cheerleader.
Plan to go out at least twice a month with our adult friends.

**House Work**
If in doubt about how to keep up our household, ask me for tasks.
When I'm here, show your concern in helping me with tasks.
Show how much you love me by helping me keep a neat home.
Add your efforts to mine as we make our home beautiful together.
Be consistent in completing your household responsibilities.

**Family & Friends**
Understand that my family and friends can be negative.
Look for what you can enjoy about my family.

**Tell Me I'm Attractive**
Through your words and touch, make me feel attractive to you.
Compliment my appearance tell me how good you feel about me.
Find creative ways to show me you are my true love.

**My Contributions**
Make me feel my contributions to family are important.
Value me as the most important person in your life.

**Time for Me**
When I ask for time alone, take care of the kids.
Sense when I need time alone and make arrangements so I can.

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## THE 2 GREATEST NEEDS SUMMARY PAGE:

On Page 9 you will find THE single page which the two of you will complete. In the open areas, you'll find space to write your three Core Definitions for each of your two greatest needs. On the right of each box is where you rate (on a 0% lowest, to 100% highest scale), how much your spouse has given you that particular phrase you identified as a Core Definition.

There are 5 lines to rate each Core Definition phrase. That's your opportunity to score your spouse over five different weeks so you can each see how your scores are rising and you really ARE meeting each other's needs.

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# 2 Greatest Needs Summary Page

## His 2 Greatest Needs

Husband's name

### Respect
**My 3 Core Definitions**

100% to 0% Score

**1.**

**2.**

**3.**

### Sexual Intimacy
**My 3 Core Definitions**

100% to 0% Score

**1.**

**2.**

**3.**

## Her 2 Greatest Needs

Wife's name

### Financial Security
**My 3 Core Definitions**

100% to 0% Score

**1.**

**2.**

**3.**

### Emotional Security
**My 3 Core Definitions**

100% to 0% Score

**1.**

**2.**

**3.**

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## How to Communicate These Needs to Your Spouse

Once you both have your 3 Core Definitions for your two greatest needs written on the 2 Greatest Needs Summary Page, you need a plan to begin delivering your spouse's needs while you discover that your own needs are being met.

The system you're starting eliminates many of the signals that spark disagreements when you attempt to talk face to face about real emotional needs with your spouse.

What makes this system so successful is that it is based on writing notes, rather than face to face interaction. Here's why; when you write and read notes: You won't see a facial expression that can set you off. You won't hear a tone of voice that makes you angry. You won't have to think fast. You can take your time. You can start your note over if you don't like what you said. There is no stress.

As you'll see in the rules that follow, the notes will NOT be discussed so there is nothing to fear. The two of you are really communicating about each of your unique needs that matter MOST instead of focusing on "minor disagreements" that pop up from time to time.

### 5 Important Rules for This Exercise:

The rules that follow will give you a safe way to communicate your core definitions over time. To put this plan into action, you each need a pad of paper that's just 4" x 6" or so. Yes, a small pad of paper. It forces you to make your point in a concise way as you write to each other. You will also need plain #10 white envelopes to deliver your messages, along with a special folder to save all the notes you receive from your spouse.

So in summary, the supplies you will need are:
A 4" x 6" pad of paper for EACH of you to write your notes.
A plain #10 white envelope for delivering your messages.
A special folder to save all the notes from your spouse.

### NOTE WRITING RULES:

**Rule #1: HOW OFTEN YOU WRITE:**
Both of you will write to each other a MINIMUM of once a week, five times a week maximum. If you are not a good writer, don't worry, spelling does not matter. You are pouring out your heart in honesty and complete privacy .

**Rule #2: DELIVERING THE MESSAGE**
You will both agree on where you want your spouse to place your message. Never deliver your note without enclosing it in a #10 envelope (no loose pieces of paper). Keep the notes you get from your spouse and date them. Save EVERY note! These notes are the manual, the specific how-to instructions of how to understand and take care of the person you married.

**Rule #3: "DON'T" AND "STOP" ARE NOT ALLOWED!**
When you write to each other, you will NEVER tell your spouse to "Stop doing___" or you will NEVER say "Don't do__". Most couples naturally like to tell their spouse what NOT to do, instead of telling them what they WANT them to do. Focus on what you want.

DON'T write: "Stop embarrassing me in front of your family."
DO write: "Make an extra effort to make me look good in front of your family."

**Rule #4: READ ALL NOTES IN PRIVATE**
Read the notes you receive ONLY when your spouse is not around. When you are with each other, try not to talk about what was written in the notes unless BOTH of you feel safe enough to discuss it. If one of you feels safe to talk but the other does not, then keep writing notes.

**Rule #5: STAY FOCUSED ON YOUR MISSION**

Your Mission is Two-Fold:

1) Explain your greatest needs, (one per note).
2) Write questions to gain greater understanding. Clarify meanings of earlier notes.

This means some of your notes may be asking to clarify earlier notes, or how to DO what is being asked. You can also use these notes to praise and encourage your spouse for all the right things he or she has done so far.

The end of each note is a good opportunity to write 1 to 3 things as a positive "to-do" list that supports what you DO want.

EXAMPLE: "When company comes over, say something complimentary about me."

**ADDITIONAL TIPS:**

Explain one need per note.
Never explain two needs in one note.
Concentrate only on ONE of your two greatest needs at a time.
Make your notes POSITIVE.
Don't let your notes become condemnation messages in print.
If you are being treated in a way you don't want, write a positive message about WHAT YOU DO WANT.

These rules will protect you from making the mistake that got you into trouble in the first place. You kept telling your spouse NOT to do something. That never worked. Your messages MUST discuss what your spouse CAN do to meet your two greatest needs.

**What If My Needs Change Over Time?**

Many couples who go through this exercise ask "What if my greatest needs change? Can I change the wording of my Core Definitions?" Life is all about change and you should expect that your needs will have to be expressed and described in a different way as time goes on. If you are feeling that your original wording is not helping you, or it is sending your spouse in the wrong direction, you need to write an update to replace the previous version of your Core Definitions.

When you create your Core Definitions make sure they are on one piece of paper with a date. If you should need an update, give your spouse your newly worded note with the current date.

### THE KEY TO YOUR SUCCESS: MAKING IT WORK

You MUST SAVE your spouse's notes to you! If you need a refresher, simply go back and re-read your note collection that you saved in a folder. Your spouse's notes are as critical as a mortgage and MORE valuable than stocks and bonds.

Plan on writing these notes for 60 days before you decide it might not be working. DO MARRIAGE RIGHT. It DOES work. These needs of yours are the key.

When 60 days of this exercise are completed, THEN decide together if you want to continue.

Since struggling marriages contain RESENTMENT, one of the first skills you will need is to control your negative feelings in seconds.

With your negative feelings out of the way, it's MUCH EASIER for you to do GOOD things for your spouse, and for him or her to do the same.

Without this CRITICAL skill, the RESISTANCE to do positive things for your spouse may be too great - leading to a lack of effort and eventually....a FAILED MARRIAGE.

Larry Bilotta

## P.S.

If you're thinking to yourself things like "My spouse would never meet my needs, is involved with someone else, is hostile to me, then you should be aware of the 5 signs of a mid life crisis:

Spouses in a mid life crisis:
1-Say what they don't mean, and what they mean, they don't say.
2-Their needs are more important than yours.
3-Sells themselves as someone they are not.
4-Any good thing you do or say they take as a threat.
5-Wants what they can't have and what they have, they don't want.

Listen to my free teleclass to get clarity on what you can expect should your spouse be in a mid life crisis right now. In the teleclass I cover the 2 rules that if broken, can add fuel to the fire, sabotage your marriage and put you on the fast track to divorce. This Tele-Class will show you how to weather the storm and shorten your spouse's mid life crisis.

***Listen to the free audio teleclass at:***

http://www.surviveamidlifecrisis.com/teleclass

## P.S.S

If you have lost your spouse's heart, but are still committed to winning them back without his/her cooperation, watch my free one hour video presentation to end your anxiety and find calm in the middle of chaos without manipulative or controlling behavior. This video is based on what I used to stay happily married over 40 years in this age of divorce.

***Watch The Video Presentation Here:***

FOR MEN: http://www.top20questions.com/men

FOR WOMEN: http://www.top20questions.com/women

**Be sure to read the attached supplement to this report on Page 12. -***Larry*

About the Author:
Larry Bilotta is the Common Sense Marriage Expert helping you end anxiety and find calm in the middle of chaos. Married over 40 years in the age of divorce, Larry is living proof it only takes one to heal a marriage no matter how desperate the situation may appear.

# The Case for Marriage

If you doubt the value of a good marriage, the book, ***The Case For Marriage*** brings 40 years of social research to verify some facts:
*Married people are healthier, have more money, have more and better sex and live longer than divorced, single or cohabitating people*.

Here are highlights from the book. By Linda J. Waite and Maggie Gallagher

## MOST PEOPLE STILL BELIEVE MARRIAGE SHOULD BE FOR LIFE

*More than 70% of adult Americans believe that "marriage is a lifelong commitment that should not be ended except under extreme circumstances." Even 81% of divorced and separated Americans still believe marriage should be for life.*

Glenn, Popenpoe, Elshtain, Blankenhorn ed. "Values, Attitudes, and the State of American Marriage, " in Promises to Keep: Decline and Renewal of Marriage in America (Lanham, Md: Rowman and Littlefield 1996)

## COHABITATING COUPLES DO NOT HAVE THE BENEFITS OF MARRIAGE

*Cohabitants have a shorter time horizon than spouses do. Even when Cohabitants have been together for long periods of time, they do not feel obligated to remain with the person they have been living with.*

*Cohabitations are committed to economic independence from their partners. They do not see their future lives as intertwined.*

*Couples who live together and then get married face higher chances of divorcing than do couples who never cohabited. Cohabitants begin with less favorable attitudes toward marriage and less negative attitudes toward divorce. The longer people live together without marrying, the more negative their attitudes toward marriage become.*

Brown, Booth, "Cohabitation Versus Marriage: A Comparison of Relationship Quality," Journal of Marriage and the Family 58 (1996): 668-78

## MARRIED PEOPLE ARE HEALTHIER

*Marriages of high quality-which most are-foster high levels of immune function and thereby better health.*

*Researchers found higher levels of depression among divorced people and significantly lower levels of immune function.*

*Something about being divorced depressed immune function even years after the divorce occurred.*

*Single women are far more likely to meet violence at the hands of men than their married counterparts, both on the streets and in the home.*

*One study of more than eighty thousand suicides found that both widowed and divorced persons were about three times as likely to commit suicide as the married were.*

*One survey of fourteen thousand adults over a ten year period found that marital status was one of the most important predictors of happiness.*
Smith, Mercy, Conn, "Marital Status and the Risk, of Suicide." American journal of Public Health 78 (1988): 78-80
Grove, "Sex, Marital Status, and Mortality," American Journal of Sociology 79 ( 1973): 45-67
Lillard, Panis "Marital Status and Mortality: The Role of Health," Demography 33 (1966): 313-27

## MARRIED PEOPLE ARE HAPPIER

*Among the nearly twenty thousand married men and women questioned over the last several decades as part of the General Social Survey, 66% of the husbands and 62% of the wives gave their marriage the highest possible happiness rating.*

*86% of those who rated their marriage as unhappy in the late eighties and who were still married five years later said their marriages had become happier.*

Horwitz, White, Howell, {Becoming Married and Mental Health: A longitudinal Study of a Cohort of Young Adults: Journal of Marriage and the Family 58 (19660: 895-907

## THE MARRIED ENJOY BETTER AND MORE SEX

*The University of Chicago's National Sex Survey of 3,500 adults found that married people have both more and better sex than singles do. They have sex more often and enjoy it more physically and emotionally than do their unmarried counterparts.*

*Research shows that husbands and wives were more satisfied with sex than the sexually active singles: 42% of married women found sex extremely emotionally and physically satisfying, compared to just 31% of single women who had a sex partner.*

*The research data clearly shows that commitment increases sexual pleasure for both sexes.*

### 4 Reasons That Marriage Improves Sex

*1. Proximity: Sex is easier for married people because it is more comfortably fit into their everyday lives.*

*2. Long Term Contract: Married people have more incentive to invest time and energy in pleasing their partners, more time to learn how to please them and are more confident that the gifts they give will be reciprocated.*

*3. Exclusivity: Without other sexual outlets, married people put more effort into working out a mutually agreeable sex life than the less committed do.*

*4. Emotional Bonding: In marriage, sex becomes a symbol of the union of the partners, of their commitment to care for each other both in bed and out of it.*

The National Health and Social Life Survey, University of Chicago, Laumann, Gagnon, Michael, Michaels (1992)
The Social Organization of Sexuality (Laumann, Gagnon, Michael, Michaels, The Social Organization of Sexuality: Sexual Practices in the Untied States (Chicago Press, 1994)

## THE MARRIED MAKE MORE MONEY

The data leaves little room for doubt: Marriage itself makes men more successful. In fact, when it comes to earnings for men, getting and keeping a wife may be as important as getting an education.

The longer men stay married, the fatter their paycheks get, relative to single men's earning power.

Bartlett, Callahan "Wage Determination and Marital Status: Another Look," Industrial Relations 23 (1984) 90-96