

## Understanding Women

Essential research men must know to understand and relate to women (drawn from “The Female Brain” and “In the Company of Women” and work done by Gabrielle Lichtenman).

1. **Women perceive their feelings as “truth.”** How they feel is what they actually believe as the truth. So don't try to argue your way to win an argument. She's naturally better with words anyway. You need to convince her on the emotional level. Telling her you love her, as important as that is, will produce less impact than showing her you love her by how well you treat her (and her children) and how you avoid compromising situations in relationships with others.
2. **Women's brains transform into four distinct personalities during their lives**
  1. First, from age 0-10 is the sweet little girl – the “puppy dog” stage.
  2. Second, from about age 11 until the birth of their first child is the “mating” brain. She focuses her attention on the kind of guy who will get her pregnant – the “BABY!!!” stage.
  3. Third, when she gives birth, her brain changes again to a “nesting” brain. She wants safety and security. At this time, the man she pursued to make her pregnant may become repulsive to her if he doesn't shift gears with her and become responsible, hard working and nurturing.
  4. Fourth, at menopause, she receives a huge surge of energy and may make new demands on her mate. If he'd become a couch potato during the “safety and security” stage, he will have to transition to get up and get moving or be left behind.
3. **Women's personality changes predictably each week of the month** as hormones change in their bodies. A man must understand these weekly personality changes so he can plan how to relate to her best during that week – and how to better understand her attitude and interest in activities. (This is for women who are not on birth control pills.) Here's the basics:

**Week one, she's feeling OPTIMISTIC.** This week begins with the first day of her period. Initially, she'll be feeling sensitive to pain. Later in the week, She's more forgiving, easier to get along with and begins to want to get together with friends. Now's a good week to admit and apologize for something you've done recently.

**Week two, she's feeling EXCITED,** confident and daring. It's a good time to schedule fun activities.

**Week three, she's feeling MELLOW.** She's calm, cautious and less chatty. The wild things you did last week won't be what she wants to do this week, and her not wanting to talk isn't about anything you've done, so don't take it personally. Just be kind and understanding and give her some space.

**Week four, she's feeling INTROSPECTIVE.** She's a bit blue, self-conscious and can get very irritable. She might get angry at you. But don't take it personally. Be understanding, supportive, patient and kind. Keep in mind that whatever is troubling her this week may not be a problem next week. Don't argue with her. Don't try to make sense of it. Just make a mental note to check with her next week to see if she's still upset about it.

So, **mark her first day of her period on your calendar** and **write these weeks on your calendar** to remind you how best to relate to and understand her.

Be careful **NOT** to mention this cycle to her in conversation. It will not be helpful to say, “Oh, you're in week three, so you're no fun this week.” But it can be helpful, if she's feeling really badly, to say something like, “I'm sad to hear you are not very happy today. Is there anything I can do to help?” ... and know that if it's still a problem next week, then you can try to discuss it.

### **Why women are so indirect and often don't say exactly what they mean:**

Women know they are not as physically strong as men. **Therefore, women tend not to confront others directly about what they think or feel.** Their focus is to preserve their lives and the lives of their offspring, so although they know exactly what they think and feel, they tend to handle things indirectly and network with others to get what they want. Receiving a little hint from a woman is like a huge declaration. They use words like, “maybe” and “what do you think about ...” when they mean, “This is what I think and how I feel.”

If they are upset, they often fight indirectly, too, by gossip or getting someone else to fight for them or talk to lots of people so more people are on her side. So, men must be extra sensitive to hints. Women are not trying to be difficult to understand. They are trying to protect themselves. “Husbands, live with your wives with an understanding of their weaker nature yet showing them honor as co-heirs of the grace of life, so that your prayers will not be hindered.” (1Peter 3.7)