

SECRET NUMBER ONE

**Accept him as he is.
Look to his good side.**

Don't try to change him.

Forgive him for past hurts.

Allow him his freedom.

Compile a list of his masculine virtues.

Humbly apologise to him for your past mistakes.

ASSIGNMENTS – SECRET NUMBER ONE

ASSIGNMENT ONE. Make a list of all your husband's masculine virtues. Read them every morning and night. Continue this until you have committed them to memory.

ASSIGNMENT TWO. Forgive him in your heart for all the times he has hurt you in the past. Ask God to help you if necessary.

ASSIGNMENT THREE. Then say the following to your husband, touching him as you do so:

"I'm glad you're the kind of man you are. I haven't always appreciated you in the past, and I've made some silly mistakes. I'm sorry, and I'm glad you haven't let me push you around. I'm glad you're the way you are. From now on I'm going to try to be a wonderful wife for you."

(You can rephrase this statement with words that are more natural to you if you prefer. But do not lessen its impact.)

SECRET NUMBER TWO

**Admire his masculine qualities.
Never wound his sensitive pride.**

**A man's greatest need is to be admired
for his masculine qualities.**

**His deepest misery is to be
belittled by a woman.**

ASSIGNMENTS – SECRET NUMBER TWO

ASSIGNMENT ONE. Praise one of your husband's masculine qualities before he goes to sleep tonight. Watch for his smile.

ASSIGNMENT TWO. By asking questions that require long, thoughtful answers, and giving admiration, try and have your husband talk to you about a past achievement, or a future dream, for at least five minutes. (Be openly attentive and strictly avoid interrupting him with your own thoughts as he speaks.)

ASSIGNMENT THREE. Every second day, sincerely tell your husband how much you admire him for one of his virtues that you listed as part of last week's assignment. Touch him and smile as you do so. Continue doing this until you have praised him sincerely for all the virtues you have listed.

SECRET NUMBER THREE

**Make him Number One
in your life.
Comfort him tenderly when
he is tired or discouraged.**

**Appreciate the heavy responsibility
a man carries.**

Use the great power of sympathy.

**Comfort him lovingly when he
comes home weary.**

Do not raise problems until after he has eaten.

ASSIGNMENTS – SECRET NUMBER THREE

ASSIGNMENT ONE. At least twice during the week, greet your husband when he comes home, with a smile and looking your feminine best. Have your home quiet and organised. Make him comfortable. Listen to him if he wants to talk. Don't speak about your day or your concerns until after he has eaten.

ASSIGNMENT TWO. In your own words say to him. "I'm beginning to realise the great responsibility you have, to provide for me (and the children). I do appreciate it. It must be a big load to carry."

ASSIGNMENT THREE. Say to your husband, "I want you to know that you're the most important person in my life, and always will be."

(You must really mean this and never give him a reason to doubt it in the future.)

SECRET NUMBER FOUR

**Your husband's God-given role is
to lead you and provide for you.
Allow him to do it.**

**Your role is to be his companion, a mother
and a homemaker.**

**Let him know your views, but support
his final decision 100%.**

Let him worry about the finances.

ASSIGNMENT ONE. Draw up a 'Certificate of Leadership' made from cardboard, or make some other symbol of leadership that will last a life time, and present it (as an entire family if possible) to your husband. Tell him (and really mean it) that from now on, you will all follow his leadership 100%.

ASSIGNMENT TWO. If you are managing the finances, or any other masculine role, say to your husband, in your own words. "I don't want this responsibility any longer. It's a burden for me. You're a man. It's much easier for you."

SECRET NUMBER FIVE

Men deeply admire inner serenity and goodness in their wives.

Your husband wants you to be a better person than himself.

Goodness and inner serenity are required in a woman for a man to love her deeply.

Inner serenity develops in a woman when she becomes free of pride and self-righteousness, always does and says the right thing, is free of guilt, and has a forgiving heart.

ASSIGNMENTS. SECRET NUMBER FIVE

ASSIGNMENT ONE: (Stage One, Forgiveness, see page 105 for more details.)

Become totally relaxed. Divide a sheet of paper into two columns. At the top of the left column write your own name. At the top of the right column write the name of the first person listed below (ie, your father).

Then under your name, in the left column write, “I now forgive (father’s name) for all the hurt he/she has caused me.”

In the right-hand column opposite, write the first negative thought or memory that arises. Keep writing out the forgiveness message, and opposite any other negative thoughts or memories, until no more arise and you can smile and feel love inside you for the person concerned. Pray for help if forgiveness is difficult.

Start with your father, then your mother, then your immediate family members and then any of the other persons listed below who may have hurt you in any way.

- | | |
|------------------------|--------------------|
| Father | Husband |
| Mother | Other men |
| Brothers | Other women |
| Sisters | Yourself |
| School teachers | God |

ASSIGNMENT TWO: (Stage Two, Repentance, see page 108 for more details.)

Become totally relaxed. Write across the top of a sheet of paper, “I (your name) have hurt the following people during my life.”

Divide the rest of the sheet into two columns and then list all the persons, living or dead, you have ever hurt, and briefly the nature of the hurt alongside each name. Keep adding names, using more sheets of paper in necessary until your conscience is totally clear.

Then, below your list of names, write, “I, (write your name) am deeply sorry and repent of all the hurt I have caused these persons. From now on, I will be especially kind to these persons inasmuch as I am able, and I will follow my conscience in the way I act towards everybody.”

Finally, in the days ahead, do all in your power to make amends to these people for these hurts. For those whom you cannot make amends, ask God to bless them.

ASSIGNMENT THREE: (Stage Three, Re-programming your sub-conscious mind, see page 109 for more details.)

Start a Goal List of five positive emotional goals. Re-state your weaknesses as specific, positive goals you want to achieve. Read them every morning and evening. As you do so, picture yourself having achieved and enjoying the goal. Also include an inspiring message on your list.

Examples: ‘I now enjoy jogging 2 km, four days a week.’

‘I feel fit and energetic, and weigh 60 kg.’

‘Every day in every way, I am getting better and better and better.’

Review your goal list once a week, rewording, and replacing them as desired.

SECRET NUMBER SIX

Your God-given role is that of mother and homemaker. Enjoy it.

Motherhood is the most noble and important work on earth. Enjoy the wonderful satisfaction of raising happy, secure children. Men respect motherhood.

Allow time to enjoy your home making. Homemaking is a woman's life-long career. Do it well.

Cultivate woman friends. Visit together. Do things together. Confide in each other. Develop your talents.

Plan your days in advance by using a desk top calendar planning diary.

ASSIGNMENT ONE. Obtain a desk-top calendar planning diary with a page for each day (or a similar planning aid) and plan out your next two weeks.

You might include:

- Homemaking duties**
- Hobbies**
- Skills development**
- Spiritual development**
- Exercise**
- Children's development**
- School activities and holidays**
- Music**
- Ideas**
- Shopping**
- Get-togethers with your friends**
- Family outings**
- Holidays**
- Husband-wife dates**
- Meetings**
- Time or outings without the children**
- Books to obtain and read**
- Library visits**
- Birthdays and anniversaries**

ASSIGNMENT TWO. If you go out to work, list all the advantages of giving up. Ask your husband to read the list and tell you honestly how he feels.

SECRET NUMBER SEVEN

**Make the most of your hair,
your figure and your health.**

**Your appearance is important to a man.
Most men find longer, femininely styled
hair highly appealing.**

**Maintain your ideal weight by regular
exercise and sound nutrition.**

**A lovely smile is a priceless asset to a woman.
Have your teeth looking their nicest.**

ASSIGNMENT ONE. Ask your husband to tell you truthfully, what hair length and hairstyles he thinks you look nicest in, and wear your hair that way for him.

ASSIGNMENT TWO. Start an enjoyable exercise program that you can continue throughout your life.

ASSIGNMENT THREE. Obtain some good books on nutrition. Study them carefully, and work out a balanced diet for yourself, and also your family if they will accept it.

SECRET NUMBER EIGHT

**Femininity delights a man,
and depending on him
arouses his love.**

**To be feminine and attractive to men,
do and wear the opposite to what they do.
Appear to be helpless in masculine matters.**

**Child-like charm in a woman of any age
is delightful to a man.**

**Speak cheerfully, with a melodious
lilt in your voice**

ASSIGNMENT ONE. Say to your husband in your own words, “Darling I want to become more feminine for you. Please tell me the truth. What do you find the most unfeminine thing about me?”

When he has told you, phrase the solution positively then add it to your Goal List. Repeat this assignment as a New Years resolution each year.

ASSIGNMENT TWO. For two whole days this week, think before speaking, and phrase every sentence that you say to your husband in a positive, loving way. And say it with a melodious voice and a smile. Observe the difference in his reaction.

ASSIGNMENT THREE. Sing in the hearing of your husband at least once this week.

ASSIGNMENT FOUR. Ask your husband to honestly analyse your entire wardrobe, including footwear, nightwear and swimwear, and rate everything feminine, or unfeminine. Then discard, or plan to discard anything he finds unfeminine.

ASSIGNMENT FIVE. Have your husband choose what he considers to be an ultra-feminine dress from a pattern book, and make the dress yourself. Get assistance from another woman if necessary. Add some additional feminine touches that your husband likes, to the dress, to make it unique to you.

ASSIGNMENT SIX. Have your husband take back at least one masculine task that you have been doing. You might say. “I don’t feel very feminine doing this.”

SECRET NUMBER NINE

To obtain your wants from your husband, just ask with a smile, as a young girl asks her father.

Just ask submissively, with a smile and a please.

Your husband will love you more if you allow him to spoil you a little.

Show feminine appreciation in an exuberant, childlike way.

ASSIGNMENT. Think of something you really want and deserve, and ask your husband for it in a simple, direct, childlike manner. When he has agreed to it, show your appreciation in a lively, feminine manner.

SECRET NUMBER TEN

Handle anger in a feminine and childlike manner

**Men respect a spirited woman. Release
your anger as soon as it arises,
in a childlike manner.**

**Show anger against your husband only
when you have been clearly mistreated.
Express it in a feminine, childlike way that
allows him to feel manly and protective.**