

## **What Happens when Women Gossip about their Men!**

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I cannot speak for what happens when men gossip about women. But when it comes to women gossiping about men, I have some experience on that one and have an insight to share that could make a difference in your personal happiness within your romantic relationship – even (or especially) if the romance seems to be waning!

When women gossip about their men, an energetic field of toxicity is created that, unless an intervention takes place, grows and expands with the ability to infect the romantic relationship of every woman participating in the conversation, even if they are only listening. Even when I overhear other women “bitching” about their men, or read it in print, if no one raises the bar on the level of conversation being had, I walk away irritated with any man who crosses my path!

Certainly, I can take responsibility for raising the bar. As a relationship coach, if I am in on the conversation, I demand of myself that I raise the bar. I raise the bar by inviting the women involved to take responsibility for what they are creating with their men. If I am the one processing my guy with my girlfriend, I do two things. First of all, I am clear about the period of time in which I am processing my feelings. During that time, the bar may be set pretty low as I am reacting to something said or done to me for which I feel like the victim. However, at some point I move into the second thing which is I take responsibility for having created it.

In addition, I only process my feelings about my guy with one or two close friends who take the same level of responsibility for creating their reality as I do mine. With other women friends, I monitor what I share because I respect the differences in our maturity levels. If I cannot trust a woman to be able to make the transition with me from victim mindset to taking responsibility for creating whatever it is I’m processing, I will not go there with her.

By now, you may have asked yourself why I equate “bitching” with gossiping. It is because whenever we are “bitching” about anything, we are stuck in the position of victim, making the other person totally at fault. It affects our perception and the things we choose to relate about the other person, things not necessarily true or fair. To the degree that the truth is not being shared, we give a representation meant to manipulate the hearer to our point of view, which means we are gossiping.

And therein lays the nugget of what I am talking about! To what extent do you or the women you know complain and rag on their men, putting themselves or each other in the role of victim, refusing to give it up and raise themselves to a more mature and responsible level? How many of your girlfriends do you trust to hang onto you as a friend if you dare suggest that the role of victim might be a role they should release?

I’m not talking about real victims here – victims of abuse and neglect. I’m talking about being the “victim” of his long working hours, his preoccupation with the sport of his

choice, how he insists on relating to the children in his own way, how his belches are no longer cute, how the things you used to love about him now drive you nuts, etc.

For us females, let me make this announcement: men are different when they are courting us. They are more like us when they are courting us. They stop being like us once they have won us. This isn't an insult. It is simply a reality. The happiest women in marriages and romantic relationships appreciate the differences between men and women and don't waste time and energy gossiping or bitching about their men.

If you follow the Law of Attraction and draw the conclusion that we create our own reality; then, as a gender, we women have created a world where men are very different from us. Whether or not they are annoyingly different or deliciously different (as long as you are NOT being abused) is just a perception. And you have control over your own perceptions of your world – including how your fellow shows up in it!

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There is a secret to relationship success that is direct, simple, and effective. We and others have used it to transform marriages that felt burdensome and hurtful into marriages filled with love and satisfaction.

You can discover this secret for yourself in the e-workbook called *Creating the Love You Want: Five Unique Steps to Improve Your Marriage*. Go to <http://www.CreateTheLoveYouWant.com> and order your copy right now. With it, you can begin making a difference for yourself tonight!