

## **Respecting the Different Ways Men & Women Process Feelings Could Make the Difference for You!**

"Once a woman has forgiven her man,  
she must not reheat his sins for breakfast."  
Marlene Dietrich

I don't know that Marlene's quote needs any commentary! She rather tells it like it is!

*Marlene's quote comes from DR. MARDY'S QUOTES OF THE WEEK -- Jan. 20 – 26, 2008;*  
[www.drmary.com](http://www.drmary.com).

One of the major differences between men and women is how we process things that get on our nerves. The difference in how we do that can easily lead to a habit that understandably gets on a man's nerves and, unfortunately, breaks down communication.

When something gets on a man's nerves, whether it is his own behavior or someone else's, his tendency is to first mull it over inside. This can go on for minutes, hours, days, weeks, or even months. When he is ready to talk about it, he does.

On the other hand, when something gets on a woman's nerves, whether it is her own behavior or someone else's, her tendency is to talk it out as soon as possible. She likes to hear herself think and get feedback from others. She likes to find out what they think and feel about the situation. If the other person strongly identifies with her, the two of them can wind up having a delicious time processing the same issue together. They give each other feedback, advice, support, etc.

When a man decides it is time to share something with his woman that he has been mulling over and that something has to do with his own behavior, philosophy, reaction to a situation, etc. the habit a woman can fall into that will get on his nerves is taking his sharing as an opportunity to process him. The temptation to say, "Yes, and here's what else I see that is wrong with you...." or to say, "Yes, and here's what else I see that is wrong with your mother (sister/brother/best friend/boss)..." can overwhelm a woman's senses! She can go there in a second and destroy the opportunity the man has given her to get to know him better.

Ladies, the next time he confides in you, choose respect. Rather than expect him to be like a girlfriend, inviting you inside; respect him as a man who has chosen to make himself vulnerable with you. Just listen. If his words send your mind into processing, let it do its thing without speaking it out loud. Keep bringing your attention back to what he chooses to share with you. Get to know him better.

If you really want to try and "fix" him, don't. If you really want to try and help him "fix" the problem he's sharing, ask his permission first. And if he says "yes," respect him enough to be sensitive so that you don't say too much, so that you don't overstep the boundary between being his welcomed confidant and expecting him to be like a girl friend with you.

Fellas, the next time you're ready to confide in her, be proactive. Set some ground rules. Let her know what you want from her. By taking care of yourself in this way, you are nurturing the relationship and taking care of her at the same time. She is so hungry for you to confide in her because that equals a lovely level of intimacy for her! There may be a learning curve involved here, but give her the chance to learn how to listen to you. She wants to get to know you better. You are both worth the risk!

Creating ideal relationships takes vigilance! But it is worth it, especially when the vigilance incorporates kindness, compassion, and listening from the heart.

Blessings,

Sarah and Joseph

P.S. Please feel free to pass this along to anyone you think might enjoy it.

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Thank you,

**Joseph & Sarah Elizabeth**

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