

We've Been LIED TO

3 COMMON DECEPTIONS
that Women fall for
regarding Men

*a biblical &
psychological
perspective*



A Wise Woman's Guide.com



We've Been Lied To:
3 Common Deceptions That Women Fall for regarding Men
by Dr. Debi Smith

A Wise Woman's Guide to Men & Marriage™

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IT STARTED IN THE GARDEN.

The Serpent, once known as the most beautiful and brilliant of all the angels, wanted to be like God. Because of his pride, he was cast from Heaven into the abyss. Where he stayed until God created the Earth from the nothingness that was, as well as the Garden of Eden therein. I'm sure the Serpent was quite pleased with his new surroundings at that point.

Until he saw Eve. She was everything he wasn't. Created in the image of God Himself. Formed from Adam's own flesh. Able to produce new life from Adam's seed. He hated her with white-hot anger and plotted to take her out.

He determined to deceive her.

And it worked. After Eve fell for the Serpent's lie, God pronounced curses upon her and her husband, as well as upon the Serpent.

Then THE LORD GOD said to the woman, "What is this you have done?"

The woman said, "The Serpent deceived me, and I ate."

So THE LORD GOD said to the Serpent, "Because you have done this,

"Cursed are you above all livestock
and all wild animals!

You will crawl on your belly
and you will eat dust
all the days of your life.

And I will put enmity
between you and the woman,
and between your offspring and hers;
he will crush your head,
and you will strike his heel." Genesis 3:13-15

The Serpent was no longer beautiful. At God's word, his outer appearance instantly revealed the truth of his inner self. And his anger grew. He deceived Eve once. Now he would not only deceive her, but also her offspring.

The battle had begun.

You are in that battle today.

But, thanks to Jesus' love and compassion, you can access a level of wisdom and strength that Eve simply didn't possess. Yes, God walked in the Garden with her and her husband. However, if you choose, you can have God living inside as your Comforter, Counselor, and Ever-Present Help in time of trouble.

A word of caution here:

- God's Presence does not get you out of the battle.
- Instead, He empowers you to win the battle.
- It's a growing-and-learning process.
- And oftentimes it hurts.

That's why we must remember God's word.

Jesus said, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33

No one [no enemy] will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. Joshua 1:6

Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9b

THE SNEAKY SERPENT'S PERNICIOUS PLAN TO DECEIVE & DESTROY

He is a liar and a thief. Always has been. Always will be.

Jesus said, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

It's all he's got left.

... having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross. Colossians 2

Now he sits on your shoulder like a cartoon character, whispering his lies. **Mostly against your mate.** He twists the Truth. Because he wants to hurt you.

He's also pretty good at making his whispers sound like they are your own assessment of who your mate really is. And who you are! And it's not good.

He disguises them as indisputable facts based on a superficial understanding of observable evidence ... and popular opinion.

But we're not as naïve as Eve. We have the power to forgive one another ...

... in order that Satan might not outwit us. For we are not unaware of his schemes. 2 Corinthians 2:10b-11

So let's talk about 3 most common deceptions that are intended to turn you against your mate: pride, insensitivity, and unwillingness to commit.

Deception #1. Pride

"Men are full of pride. They have a big ego. That's why they never ask for directions. Never admit they are wrong. Refuse to listen to anyone."

You could certainly build a believable case for this.

- Because men don't ask for directions. Or help.
- They rarely, if ever, say "I'm wrong." Or "I'm sorry."
- And far too many have a habit of tuning out their wives. Completely.

Some men get angry.
Others withdraw.
That's true.

Is that really pride?

Of course, I'm aware a few men actually do think they know everything and get angry if they are challenged or questioned.

But these men are **not the norm**. They usually qualify for a diagnosis of Narcissistic Personality Disorder. Which is **far more rare** than social media would have you believe. Sadly enough for those women who fall for the hype.

Because I'm a Clinical Psychologist, men tell me stuff.

Stuff they don't tell their wives. Not confessions of their sins as you might expect. Instead they talk about their **vulnerabilities**. They often reveal their hopes – and their fears – in the safety of the professional relationship.

Sometimes they tell me stuff in a men-only group. But somebody has to break the ice. Somebody has to be vulnerable first.

When that happens, they're okay that I'm there. I've earned that right. They already know I'm safe. Now they know the other guys are safe, too.

It's holy ground.

What I've learned is behind the behaviors mentioned above is not pride. It's actually shame.

Because men have extensive life experience in no one being there for them. So they've been taught that they'd better have the right answer. And they have to figure it out on their own.

If they ask for help, even when they are as young as 2 or 3 years old, they are often expected to solve whatever their problem is on their own. And they get shamed in the process. It's learned through behavioral conditioning. Part of learning how to be a man.

Don't be weak. Don't be a sissy.

So the thought of asking for help brings back tons of shame.
Which they avoid. Often at high cost to both them and their wives.

Deception #2. Insensitivity

I used to believe men didn't experience feelings. They certainly never showed any signs that they did. I had never seen any man I knew cry. They all seemed so solid all the time.

- Nothing bothered them.
- Nothing moved them.
- We have evidence.

Imagine my surprise when I discovered the truth. Especially since I was in GRAD SCHOOL AND had already raised THREE SONS before I knew it! *Yikes!*

Men are actually MORE sensitive than women.

Researchers have found evidence that baby boys are more emotional than baby girls from birth until at least 6 to 12 months of age.

Baby boys cry more often and intensely, coo and smile more often, and experience more rapid emotional changes than girls. By the time they are 2 years old, there is already a noticeable reversal in verbal expression. And by 6 years of age, boys have a noticeable difference in facial expression as well. Furthermore, boys seem to have a natural tendency to express their feelings more through action than by talking about them.

Whatever the reason, boys demonstrate an ability to avoid overt responses to emotion between 4 and 6 years old – interestingly, about the time they usually enter kindergarten.

So fast forward to adulthood.

Once they grow up, do men even have feelings anymore?
Or have they simply been disconnected from their own emotions?

Marital research suggests that men really do have feelings – very strong ones – and that they are highly aware of each and every one of them.

In one study, couples volunteered to be observed interacting with one another. Video cameras recorded their spontaneous interactions. The researchers began to notice that some participants tended to be very emotionally expressive (i.e., visibly and audibly upset or angry) during a disagreement, whereas their partners were not.

Therefore, the researchers devised a method to help determine what might be going on that wasn't directly observable. They asked the couples to sit in facing chairs and instructed them to discuss something about which they disagreed. Each person was connected to equipment that registered respiration and heart rate, as well as how much each wiggled in the chair.

The data they collected showed that, although the seemingly non-responsive partners appeared to be totally cool and calm, their heart rates frequently rose above 95 beats per minute when things got tense. Interesting, eh?

Cool and calm on the outside does not equal cool and calm on the inside.

I've found in counseling a wide range of couples, it's often the men who are most successful at appearing to maintain their composure.

They may not be emotionally expressive, but their bodies sure are!

So it's no wonder that men often fail to respond verbally. They're too busy regulating their pounding hearts. After all, we know that one of the Rules of Manhood is "Never let 'em see you sweat."

And if men tend to take action when they feel emotions ... well a pounding heart is part of the fight-or-flight response.

Which of those responses do you prefer when it comes to you?

Deception #3. Unwilling to Commit

Many a woman has stayed in a relationship – sometimes for years – waiting for the man to commit to marrying her. Marriage becomes less likely as time goes on. We believe the man just doesn't want to commit. He is selfish. His freedom is more important to him than she is.

Again, this is certainly how an observer sees the situation. And selfishness may very well be true. For some. Freedom is very important to every man. Always. And if he had a hard time escaping his parents' control, he will be less likely to want to relinquish it to someone else ... like an anxious woman.

She might become his new mom. And no man wants to marry his mom.

But there may be more to it than that.

His unwillingness to marry may be more closely linked to a phenomenon known as **male relational dread**. Allow me to explain.

Boys are encouraged to disconnect from mothers, and fathers can be emotionally unavailable. So boys don't learn what to do with unpleasant emotions in relationship.

As a man, he may still feel intensely afraid of both conflict and connection.

- His fear is a sense of inevitable, never-ending disaster and an expectation of immense and irreparable damage.
- Often the closer he feels to a woman, the more intense his dread. He feels unsafe, guilty, incompetent, and ashamed in this new territory.
- Pressured to fix it, he has an ever-increasing sense of dread.

Although he may want connection desperately, he may withdraw, strike out, tune out, change the subject, joke, make nice, or simply fall silent in an effort to deal with his anxiety.

- Many men have sufficient evidence from their own relationships with women that disconnection may actually be the better, safer way to go.
- They simply do not trust women to let go of their false images of men, and to accept and appreciate their vulnerability as human beings.

Summary and Conclusion

Yes, men look and act like they are full of pride, insensitive, and unwilling to commit. However, a closer look reveals a different story. The story of a **sensitive human being** who has been **shamed** as a normal part of his training to be a man. One **who fears** more pain if he lets anyone get close to his heart.

But it doesn't have to be that way. For either of you. Starting today.

Simply learn the Truth. And learn how to be a safe person for him.

And if you don't know what that looks like, find a knowledgeable counselor who can help you develop the understanding and skill required.

**Jesus said, "If you hold to my teaching, you are really my disciples.
Then you will know the truth, and the truth will set you free." John 8:32b**

You will both be the better for it.

Dear Friend,

Thank you for taking time to read this short eBook.

If you have any questions or comments, please let me know. I'm here to help.

And if you haven't done so already, I hope you will become a member of our private *FACEBOOK group, [A Wise Woman's Guide to Men & Marriage](#).

Click [here](#) to join now, and I'll see you inside!



Warmly,
Dr. Debi

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