

The Psychology of Men & Marriage



embracing the dance

Dr. Debi Smith

THE PSYCHOLOGY OF MEN & MARRIAGE EMBRACING THE DANCE

by Dr. Debi Smith

The Psychology of Men & Marriage: Embracing the Dance
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WELCOME TO THE PSYCHOLOGY OF MEN & MARRIAGE,
WHERE MEN ARE RESPECTED & WOMEN ARE VALUED.

I'M DR. DEBI SMITH, A CLINICAL PSYCHOLOGIST.
I LOVE TO WRITE BOOKS & DANCE WITH THE CUTE BOY.

I believe we can change the world
through everyday actions of passionate
couples who are embracing the dance.

*Two are better than one,
because they have a good return
for their labor:
If either of them falls down,
one can help the other up.
(Ecclesiastes 4:9-10)*



I write from a female perspective, of course, on understanding
men & marriage. Based on Biblical Principles, Scientific Research,
and my Experience as a Couples Therapist.

I am on a journey of learning myself and put everything I discover
to practical use in my own life, then share with my readers.

THIS BOOK IS DEDICATED TO YOU
AND YOUR EVER-INCREASING JOY IN
EMBRACING THE DANCE!

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EMBRACING THE DANCE

A man and woman dancing together in three-quarter time is the best metaphor for – and experience of – Romance.

- He takes the lead. She follows.
- He guides and protects her.
- She inspires and influences him, even as she admires him ... and makes him look good to anyone who's watching.



WOMEN WANT THEIR MAN TO LEAD

You might not know that from how things go, however. Most men are unsure of themselves. The rest of them are just good at pretending they are not unsure of themselves. In both cases, men often hesitate due to two fears:

1. The fear that they lack the qualities of a successful leader
2. The fear that they are doomed to failure in the process

While waiting for her husband to step up, a woman secretly begins to panic. That is when she takes over. But she does not do it well.

Although she believes her husband should take the lead in the family – especially with their children – she reasons that a female Leader is better than no Leader. But that only makes things worse.

Because once a woman has taken on the leadership role
– whether that happens before or after the wedding –
it will be very difficult for her husband to step up to the plate.

Leadership is the man's responsibility. He was designed to take the lead. God created him with the innate desire required.

A man is born with an innate desire
to protect, to guide, to hold the one he loves.

- It is a learning process, to be sure.
- And no man comes into this life with the skills he needs to lead.
- So he will need tons and tons of affirmation all along the way.

As a husband, he will be held responsible before God for his family.

God knew it was Eve who took the first bite of the apple,
but it was Adam He came looking for.

You can believe me when I say I know that women can be difficult to love sometimes. I am one of them, remember?



In one of my favorite [YouTube waltz videos](#), so many couples are on the dance floor it is hard to imagine how they keep twirling around without crashing into one another.

That is, unless you realize that each pair has only one leader.

The man's job is to protect his partner from other couples on the floor, and to guide her steps as they swish and swirl in time to the music.

If the woman criticizes what he's doing or starts to pull him in a different direction, it will be virtually impossible for him to take responsibility for the dance.

WHO WEARS THE PANTS?

Most men and women believe the man is the leader in the family. But in reality, women have been running the show for a long time.

Yes, a woman knows she can make it through life without a man.
But can she really live the life she desires?

Yes, she would survive. But in taking charge, she will miss the beauty of what God intends marriage to be.

She not only makes it impossible for her man to lead, but she also denies what her heart and his are both longing for.

3 THINGS A WOMAN NEEDS FROM HER MAN AS HER LEADER

She needs him to protect her, to guide her, and to hold her.
And as her leader, his is designed to do just that!

1. Protect Me



Men are designed and inclined to protect women. It's a fact of life that men are bigger and stronger than women. And guys have this particularly wonderful quality:

- They have much, much, much high testosterone levels.
- A woman's body produces testosterone, too, but far, far less of it than a man does ... without him giving it so much as a first or a second thought.

However, this very fact can make a woman afraid of a man.

When she feels intimidated or threatened by a man, she will use the only surefire weapon she has: her words.

And given that men are sensitive to the woman they love, her words are usually effective in "cutting him down to size."

- Not a bad thing if he were her enemy.
- But if his is her partner in life, that will make it next to impossible for him to be able to protect her.

2. Please Guide Me

I love dancing because I get to relax and just follow my lead. I do not have to calculate what comes next or whether or not I am about to cause a crash on the dance floor. It is wonderful.

In everyday life, this may be hard for a woman to admit:

*She secretly wishes
someone knew the answers.
And she really wishes that
someone was her man.*



She loves it when her man solves a problem for her ... and he does, too! His brain was made to solve problems, so she's helping him fulfill his purpose in life when she accepts his guidance.

So it's very satisfying for both when he wins in this way ... finding a workable solution that makes life better for her.

However, guys often get in trouble for trying to solve a gal's problems for her. Because sometimes she just wants him to listen. If that's what she wants, it is simple to just tell him up front.

Most men are more than happy to provide whatever will make their woman happy, but she must be specific about what she wants. Because it is impossible for a man to think like a woman.

3. Please Hold Me

This one is probably the most important of the three things a woman desires from the man she loves. And it happens so naturally while you dance. (Perhaps that is the real reason I love waltzing with the Cute Boy!)

Women not only want to be touched,
they have a deep need to be held
... lovingly, caringly, respectfully.

Research shows that being held by someone you love dramatically reduces anxiety in a matter of minutes! We've all seen an anxious toddler benefit from being scooped up and held by a loving parent.

- As adults, we're no different.
- We all need to be held sometimes.
- And women need to be held every day!

We're vulnerable creatures, but sometimes we do not feel safe enough to admit it. We often get a bum rap by being called "needy" ... especially by men. And we hate that. So we'd rather not say how we're feeling ... or ask to be comforted, reassured, held.

And that's really, really sad. Because a man loves and receives measurable emotional and psychological benefits from holding the woman he cares for.

If he only knew that's what she needed.

LEARNING TO FOLLOW

A few years ago, I asked students in my undergraduate psychology classes if – generally speaking – they thought it would be acceptable behavior for a girl to ask a boy out on a date.

The women said yes ... and so did the men ... sort of.

Further discussion revealed that, although they would find it flattering that a girl was interested in them, almost all the men said they'd feel at least a little uncomfortable with that ... and they'd rather be the one to do the asking.

Go figure.

Without a doubt, women can be great leaders.



However, the dance is not the best place to demonstrate those abilities. Instead, this is the one place in the world where we get to relax and enjoy being a girl ... for the most part.

Being in relationship with a member of the opposite sex can be fun ... challenging ... and hard work. And the benefits of loving a godly man by far outweigh the effort it takes to understand him.

I believe that having someone to love who actually loves you back is worth more than anything else we will ever have or do in this life.

Submission in the 21st Century

Submission is not a popular idea. But it isn't at all like what it might seem. Think of submission simply as trust and respect.

A woman's role goes like this ...

1. Demonstrate unparalleled respect for him as a man.
2. Trust him – and the Lord – to lead you.
3. Love him just as he is.
4. Long for all the best of what God has for him.
5. Make him look good to others.
6. Give him immediate affirmation each time he gets it right.
7. Pray continually for him. (1 Thessalonians 5:17)

He who finds a wife finds what is good
and receives favor from the lord. ~ Proverbs 18:22
She brings him good, not harm,
all the days of her life. ~ Proverbs 31:12

The Benefits of Following

Woman was created for man, not the other way around. Yes, I know this isn't a very popular statement, but I firmly believe it.

Men don't do well without a woman (Genesis 2) because she is

- his inspiration and
- his primary influence in terms of
 - how he feels about himself and
 - what he does with his life.

But when a woman tries to turn a man into what she want him to be ... as though he were created solely for her benefit ... nothing good will come of it.

I've never seen a situation wherein a woman called all the shots, and the relationship was lasting and happy for both.

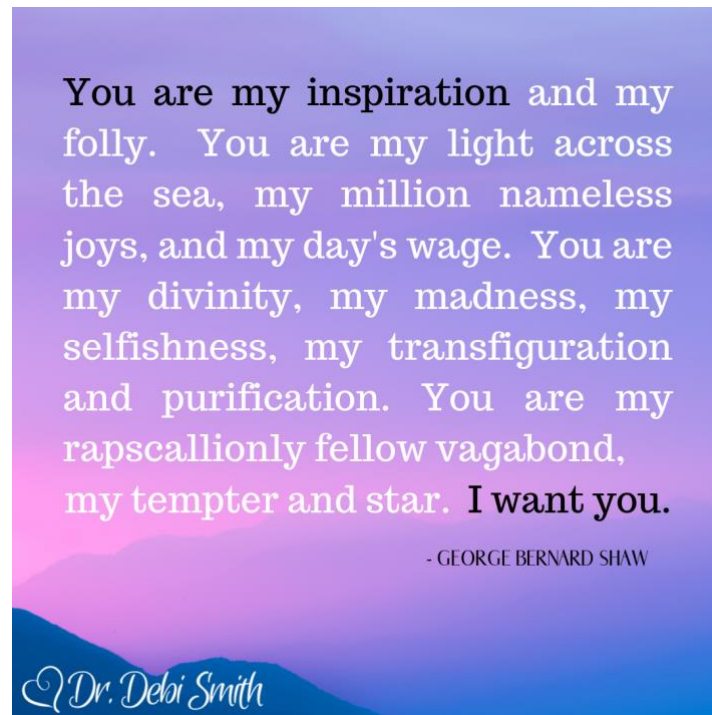
Yes, of course, he needs to listen to her. But if he does everything she tells him to do, she has got a serious problem on her hands.

However, she reaps immeasurable benefits in becoming the woman he needs her to be.

- She will be positively, absolutely irresistible to him.
- He will joyfully protect her, guide her, and hold her.
- He will believe in her and be her Biggest Fan.
- He will be proud of her when she does well, and right there for her whenever she needs him.
- He will love her, care for her, and respect her.



What more could a woman ask for than that?



Song of Songs

Like an apple tree among the trees of the forest
is my beloved among the young men.

I delight to sit in his shade,
and his fruit is sweet to my taste.

Let him lead me to the banquet hall,
and let his banner over me be love.

Strengthen me with raisins,
refresh me with apples,
for I am faint with love.

His left arm is under my head,
and his right arm embraces me.

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LEARNING TO LEAD

But The Lord God called to the man, "Where are you?"
~ Genesis 3:9

You remember Adam and Eve? As the First Couple, they had it made, and they got in Big Trouble.

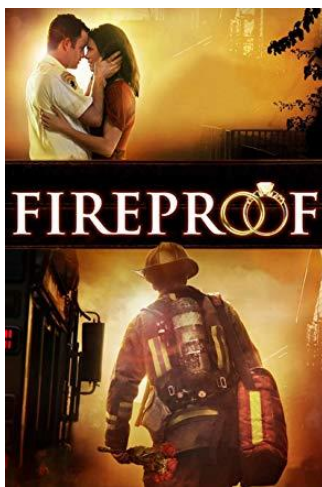
1. Yes, we remember Eve started the whole thing. Deceived by the serpent, she ate the forbidden fruit first.
2. Then convinced her husband to eat as well.

But she wasn't who God came looking for, was she?

Like it or not, the buck still stops with the man.

I am amazed by the weight of responsibility men carry on a day-to-day basis. Most do it with amazing style and grace. But it is truly a struggle. And I understand that ... more than they will ever know. My goal is to help women understand that, too.

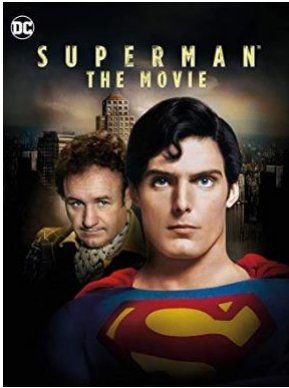
If a picture's worth 1000 words, then a movie is worth a million.



In [Fireproof](#), Kirk Cameron stars as Caleb Holt, a fire captain who values dedication and service to others. But his most important partnership is about to go up in smoke.

This gripping story follows one man's desire to transform his life and marriage through the healing power of faith and to fully embrace the fireman's code:
Never Leave Your Partner Behind.

Another of my favorite movie scenes is from [*Superman: The Movie*](#).



Lois Lane (Margot Kidder) is holding on tight to a strap, the only thing that's keeping her from falling to her death from the News helicopter that's hanging precariously off the side of the Daily Planet building in Metropolis.

Her pale yellow hat falls to the ground and lands in front of Clark Kent (Christopher Reeve).

Clark looks up and springs into action. Without a proper phone booth in sight – remember those? – he spins himself vigorously in the nearest revolving door and promptly emerges as Superman.

Just as Lois's strength gives out and she begins her rapid descent, Superman swoops up to catch her.

He tells her not to worry because he's got her.

Lois looks at him in amazement,
then down at the ground,
then back at her rescuer.

With noticeable anxiety in her trembling voice,
she panics, "You've got me? Who's got you?"

Good question.

All too often women expect men
to be just as invincible as Supermen,
forgetting that they are merely human, too.

The words of the song “Lead Me” by Sanctus Real provide another – more true-to-life – expression of the pressure you men feel as our leaders ... and emphasize your desperate need for God’s help to be the leader He wants you to be.

If you haven’t heard it, [check it out here on iTunes](#).

3 Steps in Learning How to Lead as a Man

1. Put God First

Without a doubt, the First Thing you need to be the Leader you want to be is a friendship with Jesus. He is absolutely The Essential One, not only for your well-being, but also for your family’s well-being. If you’re a Christian, reconnected with Him daily ... if not moment-by- moment (1 Thessalonians 5:17).

If you’ve not yet accepted Jesus as your Savior, you can do so now. He’s there with you ... wherever you are in the process of life, and He’s eagerly waiting to hear from you!

2. Take Advantage of Your Wife ... in a Good Way

Here are a few ways you can receive her love and moral support so that you will be able to lead well ...

- Listen to her.
- Be her hero (i.e., treat her like a lady).
- Pay attention to her response to your leadership.
- Ask for what you need from her ... not only great sex.
- Be courageous enough to be vulnerable with her.

3. Do not be ashamed to ask for help.

I know it goes against everything you have been taught about being a man. Nevertheless, let wisdom prevail. That means if you do not know what to do, look for the answer. Be courageous!

Let perseverance finish its work so that you may be mature and complete, not lacking anything.

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.

James 1:4-8

And if you're finding yourself stuck or if you think of anything else I might be able help you with, please do let me know.

If I do not know the answer,
I will do my best to help you find it.

THANKS FOR TAKING TIME TO READ THIS EBOOK!



I look forward to hearing from you, whether you have a question, something to share, or encouragement to offer. I welcome it all!

My goal is to help both men and women in embracing the dance, no matter whether they are nearly-wed, newlywed, or now celebrating 50 years.

THE BOTTOM LINE

Men and women both love the beauty in embracing the dance.

Embracing the dance produces
Unforgettable Joy!

To learn more about The Psychology of Men & Marriage, check out [*Ephesians 5 Romance: the Truth about Love*](#) by Dr. Debi Smith.

You can also follow me on [Facebook](#), [Twitter](#), and [Instagram](#).

And please let me know if you have any questions.
I'm here to help.

I HAVE JUST ONE REQUEST.



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Thanks much!

Warmly,
Dr. Debi