

# demonstrating admiration FOR THE MAN IN YOUR LIFE



**IN JUNE, WE CELEBRATE THE REMARKABLE MEN** in our lives for one day! These annual celebrations may include cake, neckties, tools, kind words, dinners, cologne, or greeting cards. Men accept the sweet expressions of love with appreciation and gratitude, so why do we affirm the men in our lives only during Father's Day? I propose that we demonstrate a fondness for our loved ones all year.

My counseling work with couples has taught me that men and women usually crave many of the same things from their partners. We all want to be respected, loved, appreciated, desired, heard, safe, and supported. Unfortunately, these intimate expressions can decrease over time with the strains and stresses of life. The friction can distract us from the blessings of a meaningful partnership and cause us to focus on the negative attributes of our partners. Over time, life's challenges can chip away at the foundational needs of healthy relationships. Therefore, we must intentionally recognize and express what we admire and appreciate about the other.

Being intentional does not require lavish gifts, expensive getaways, or huge celebrations. Instead, the smallest changes can have the most significant impact. Daily gestures of love and admiration are an effective method of demonstrating how much someone means to you.

Here are three ways  
to demonstrate  
admiration for the  
man in your life:



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## 1

• **Encourage him through words of affirmation.** Words of affirmation are one of The Five Love Languages, which I believe is the most important. We can build one another up or tear one another down with one statement. Words are containers for power, and we must wield them carefully. Try not to say things mindlessly but speak from the heart. Point out attributes you value about him by affirming his worth and abilities. Communicate what he does well or thank him for the things that make you feel special.

## 2

• **Consider his requests and preferences.** Usually, the men in our lives will tell us what they want, how they feel, or what makes them feel loved. The problem is we don't always listen. We may hear requests as complaints or think we know best, resulting in frustration. Try not to invalidate his feelings and needs. If the man in your life says, "I'd enjoy a weekend getaway with just the two of us." Rather than making excuses or telling him what you think and want, ask, "where would you like to go and what would you like to do?" Inquiring about their desires communicates that he is respected and heard, and his needs matter to you.

## 3

• **Bless him and pray for him.** It is so reassuring when we speak blessings over those we love. When you recognize he is stressed or facing a difficult task, take his hand or embrace him and bless him with your words. Use declarations such as, "I pray that the Lord gives you strength, courage, and wisdom to handle the challenges of the week..." or "I pray that God's blessings and favor would be with you always." Such statements offer support and protection and demonstrate that he is not in the struggle alone. 🙏