

COURSE 7 — HER NEEDS

HER NEEDS: UNDERSTANDING WHAT SHE ACTUALLY NEEDS

Final Summary & Video Script Guide

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10 Modules | Each Module on Its Own Page

MODULE 1 — COMMITMENT TO FAMILY

The Covenant Foundation — All or Nothing at All

FINAL SUMMARY — FS

She does not need a perfect husband. She needs a present one. Commitment is not the vow you spoke once — it is the decision you remake every morning.

1: Choose the Family Repeatedly — Not Just Once at the Altar

2: Make Her Neurologically Safe by Being Fully and Unconditionally All In

3: Lead the Home Spiritually the Way God Images Covenant Faithfulness

Final word: Half-committed men produce fully broken homes. Give her all of you — every day.

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Choose the Family Repeatedly — Not Just Once at the Altar

The wedding was one choice. Marriage is ten thousand choices that follow it. She is watching whether the man who said I do is still saying it every day with his time, his attention, and his priorities. What a man consistently chooses is what he actually values. She knows exactly what you value — whether you have said it or not.

Make Her Neurologically Safe by Being Fully and Unconditionally All In

A woman's nervous system is wired for attachment security. When commitment is uncertain her stress hormones remain chronically elevated — making genuine intimacy neurologically impossible. Security is not sentiment. It is physiological safety. A husband who commits fully does not merely make her happy — he makes her neurologically capable of being the wife he needs.

Lead the Home Spiritually the Way God Images Covenant Faithfulness

Half-commitment is not merely a marital failure — it is a theological contradiction. Matthew 19:6 does not say let no one separate unless it gets hard. God's covenant was unconditional and total. When a husband commits fully he images that covenant. That is the standard.

Final word: Half-committed men produce fully broken homes. Give her all of you — every day.

MODULE 2 — LEAD

The Direction She Follows — He Is the Thermostat

FINAL SUMMARY — FS

She cannot follow a man who is not going anywhere. He is the thermostat — he sets the temperature. She is the thermometer — she gives the reading.

1: Set the Emotional Atmosphere of the Home by Leading With Intention

2: Carry the Spiritual and Relational Weight She Was Never Designed to Bear Alone

3: Lead the Way Christ Leads — Sacrificially, Directionally, and for Her Flourishing

Final word: If the home is cold and directionless — do not check the thermometer. Check the thermostat.

VIDEO SCRIPT — VS

Set the Emotional Atmosphere of the Home by Leading With Intention

The emotional atmosphere of the home flows from him first. A passive, disengaged, or emotionally absent man produces a home that reflects exactly that. Leadership is not what he says — it is what the home becomes under his watch. If the home is cold and directionless do not check the thermometer. Check the thermostat.

Carry the Spiritual and Relational Weight She Was Never Designed to Bear Alone

When a husband leads spiritually she can finally rest in that dimension of the marriage. When he abdicates she compensates — carrying a burden that was never designed for her. Over time that compensation produces exhaustion, resentment, and a loss of attraction that neither partner fully understands.

Lead the Way Christ Leads — Sacrificially, Directionally, and for Her Flourishing

Ephesians 5:23 does not give the husband a crown — it gives him a cross. The Greek word kephale means source and sustainer, not dictator. A husband who leads his home reflects the same headship Christ exercises over the church — present, purposeful, and oriented entirely toward her flourishing.

Final word: If the home is cold and directionless — do not check the thermometer. Check the thermostat.

MODULE 3 — PROVIDER

The Safety She Rests In — Coverage, Not Just Income

FINAL SUMMARY — FS

Provider is not a paycheck. It is a posture. She needs to know the home is covered — financially, emotionally, physically, and spiritually.

1: Cover Her Completely So She Can Rest Instead of Manage

2: Create the Neurological Safety That Unlocks the Wife She Is Designed to Be

3: Provide the Way God Provides — Consistently, Fully, and Before She Has to Ask

Final word: A guarded woman is not closed by choice — she is protected by necessity. Give her safety and watch her open.

VIDEO SCRIPT — VS

Cover Her Completely So She Can Rest Instead of Manage

When provision is unreliable she shifts into management mode. She stops being a wife and becomes a crisis manager. That shift costs the marriage something money alone cannot buy back. She needs to rest in his provision — not manage around its absence. The posture of provision communicates I have you. And I have you is the sentence that unlocks her.

Create the Neurological Safety That Unlocks the Wife She Is Designed to Be

Safety is not a preference for women — it is a neurological prerequisite for emotional and relational openness. When security is absent the female brain shifts into survival mode. In survival mode she cannot receive love, offer intimacy, or trust leadership. She can only manage the threat.

Provide the Way God Provides — Consistently, Fully, and Before She Has to Ask

God is consistently portrayed in Scripture as Jehovah Jireh — the One who covers before the need is fully formed. First Timothy 5:8 does not soften the standard. Provision is not optional in the covenant. It is the posture of a man who takes the image of God seriously.

Final word: A guarded woman is not closed by choice — she is protected by necessity. Give her safety and watch her open.

MODULE 4 — HONESTY

The Truth She Builds On — HOT: Honesty, Openness, Transparency

FINAL SUMMARY — FS

Security does not come from a perfect husband. It comes from a known one. She can handle hard truths. What she cannot handle is a hidden life.

- 1: Give Her Full Access — Not a Carefully Managed Version of Yourself
- 2: Replace the Anxiety of the Unknown With the Security of Full Transparency
- 3: Walk in the Light the Way God Designed the Covenant to Operate

Final word: What you withhold in the name of protection actually produces the opposite. Let her know the real man.

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Give Her Full Access — Not a Carefully Managed Version of Yourself

Honesty is not the absence of lies — it is the presence of full access. A husband who only reveals himself when cornered is not being honest — he is being strategic. Openness means bringing her into his interior life without being prompted. She should not have to dig for the man she married.

Replace the Anxiety of the Unknown With the Security of Full Transparency

When honesty is absent her mind fills the gaps with anxiety — running worst-case scenarios that consume the emotional energy she would otherwise invest in the marriage. Research confirms that felt transparency is one of the strongest predictors of a woman's relational trust and long-term marital satisfaction.

Walk in the Light the Way God Designed the Covenant to Operate

God is a God of light — in Him there is no darkness at all. First John 1:7 connects walking in the light directly to genuine fellowship. A husband who withholds truth is choosing darkness in a covenant designed to be lived entirely in the light. Honesty is not a virtue to aspire to — it is the foundation of the covenant itself.

Final word: What you withhold in the name of protection actually produces the opposite. Let her know the real man.

MODULE 5 — TALK

The Connection She Lives Through — Heard, Not Fixed

FINAL SUMMARY — FS

She processes life through conversation. When she talks she is not presenting a problem to be solved — she is reaching for connection.

- 1: Initiate Conversation So She Never Has to Create Every Opening Alone
- 2: Listen to Understand Rather Than Respond and Watch What Opens in Her
- 3: Give Her the Gift God Gives — Being Genuinely Heard by the One Who Matters Most

Final word: The moment he reaches for an answer he loses her. The moment he simply stays present he finds her.

VIDEO SCRIPT — VS

Initiate Conversation So She Never Has to Create Every Opening Alone

A wife who always has to create the opening eventually stops opening at all. When he initiates — genuinely, without an agenda, asking about her day and waiting for the full answer — he communicates that her inner world is somewhere he actually wants to be. That invitation changes everything about how she shows up in the marriage.

Listen to Understand Rather Than Respond and Watch What Opens in Her

The female brain has significantly more neural connections between emotional and verbal processing centres. Women think through talking — it is not venting, it is processing. When a husband listens without interrupting or solving he gives her brain what it needs to regulate and connect. He does not need to fix anything. He needs to stay.

Give Her the Gift God Gives — Being Genuinely Heard by the One Who Matters Most

Psalm 116:1 declares: I love the Lord because He has heard my voice. James 1:19 commands: be quick to hear, slow to speak. When a husband truly listens he performs one of the most godly acts available to him — giving his wife the gift of feeling known by the person who matters most.

Final word: The moment he reaches for an answer he loses her. The moment he simply stays present he finds her.

MODULE 6 — TIME

The Proof She Watches For — Love Spelled T-I-M-E

FINAL SUMMARY — FS

She does not believe words. She believes calendars. Time is not what is left over after everything else is handled — it is what is chosen before everything else competes.

1: Schedule and Protect Time With Her Before Everything Else Competes for It

2: Give Her Full Attention — Not Proximity — and Watch the Marriage Change

3: Enjoy Life With Your Wife the Way Ecclesiastes Commands — All the Days

Final word: She is not watching what you say about your priorities. She is watching what your schedule confirms about them.

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Schedule and Protect Time With Her Before Everything Else Competes for It

The husband who makes time for his wife only when nothing else demands him is not prioritizing her — he is accommodating her. She feels the difference immediately. Spontaneity is a gift. Consistency is a need. Schedule it. Protect it. Show up for it. A man's calendar is the most honest document in his life.

Give Her Full Attention — Not Proximity — and Watch the Marriage Change

Quality time is not proximity — it is attention. Sitting in the same room while scrolling a phone is not time given — it is time withheld in the presence of the person being withheld from. She would rather have thirty minutes of full attention than three hours of distracted presence.

Enjoy Life With Your Wife the Way Ecclesiastes Commands — All the Days

Ecclesiastes 9:9 does not suggest enjoying life with your wife — it commands it. All the days of this fleeting life. Not the convenient days. Not the leftover days. All of them. God did not draw near occasionally. He walked with Adam in the garden — present, engaged, and attentive. Do the same.

Final word: She is not watching what you say about your priorities. She is watching what your schedule confirms about them.

MODULE 7 — AFFECTION

The Language She Speaks — Deeply Emotional, Deeply Affectionate

FINAL SUMMARY — FS

Affection is not foreplay. It is its own complete language. Non-sexual touch, tenderness, and warmth are daily needs — not occasional gestures.

- 1: Offer Non-Sexual Affection Daily So She Receives Love — Not Just Desire
- 2: Release Oxytocin and Deepen Her Bond Through Consistent Tender Touch
- 3: Honor God's Design by Speaking the Affectionate Language He Built Her to Need

Final word: When affection becomes transactional she stops receiving it as love. Give it without agenda — every day.

VIDEO SCRIPT — VS

Offer Non-Sexual Affection Daily So She Receives Love — Not Just Desire

A husband who only touches his wife when he wants intimacy has taught her that his touch means one thing. She begins to brace rather than receive. Non-sexual affection is the vocabulary of emotional connection. A hand on the small of her back. A kiss that leads nowhere. These are not small gestures — they are daily evidence that she is loved not just desired.

Release Oxytocin and Deepen Her Bond Through Consistent Tender Touch

Non-sexual touch releases oxytocin — the primary bonding hormone. Without it her oxytocin drops, creating emotional withdrawal and a growing loneliness she often cannot fully articulate. Research confirms women who receive consistent non-sexual affection report significantly higher marital satisfaction, greater sexual responsiveness, and deeper emotional trust.

Honor God's Design by Speaking the Affectionate Language He Built Her to Need

The Song of Solomon is not an embarrassment in Scripture — it is a celebration placed deliberately in the canon. God included it because He designed her to need affection and designed marriage as the only place it should be fully given. A husband who withholds affection is leaving a covenant responsibility unfulfilled.

Final word: When affection becomes transactional she stops receiving it as love. Give it without agenda — every day.

MODULE 8 — AFFIRMATION

The Voice She Needs to Hear — Proverbs 31:28

FINAL SUMMARY — FS

She needs to hear it from you. Specifically. Regularly. His voice carries a weight in her life that no other voice can replicate or replace.

1: Speak Specific Affirmation That Reaches Her Interior — Not Generic Words That Skim the Surface

2: Rewire Her Self-Image Through the Power of Your Consistent Voice

3: Call Out What God Placed in Her Before She Has Fully Seen It Herself

Final word: A woman consistently affirmed becomes more of the woman he is affirming. Speak life — every day.

VIDEO SCRIPT — VS

Speak Specific Affirmation That Reaches Her Interior — Not Generic Words That Skim the Surface

Generic affirmation skims the surface. Specific affirmation reaches the interior. You look nice is heard. The way you handled that today showed exactly the kind of woman you are is felt — and remembered for years. Speak to her strength, her wisdom, and her value. And speak well of her publicly. What he says about her when she is not in the room matters as much as what he says to her face.

Rewire Her Self-Image Through the Power of Your Consistent Voice

Words of affirmation activate the same neural reward pathways as physical touch. A woman's sense of identity is significantly shaped by the voice of her primary attachment figure — her husband. When he speaks life consistently he literally rewires how she sees herself. Positive verbal affirmation reduces cortisol, elevates serotonin, and increases her emotional availability.

Call Out What God Placed in Her Before She Has Fully Seen It Herself

God called Gideon a mighty man of valor before he had done anything mighty. A husband who affirms his wife does the same prophetic work. Proverbs 31:28 does not describe occasional compliments — it describes a husband whose praise is her consistent daily experience.

Final word: A woman consistently affirmed becomes more of the woman he is affirming. Speak life — every day.

MODULE 9 — NEEDED

The Place She Must Occupy — Heirs Together

FINAL SUMMARY — FS

She does not want to be tolerated. She wants to be essential. A wife who feels optional will eventually make herself optional — not out of rebellion but out of self-preservation.

1: Make Her Feel Indispensable to Your Life and Mission — Not Just the Household

2: Restore the Significance That Keeps Her Emotionally Invested and Fully Present

3: Honor the Original Design — She Was Not an Addition to His Life but a Completion of It

Final word: She was not designed to exist at the margins of her own marriage. Put her at the center where she belongs.

VIDEO SCRIPT — VS

Make Her Feel Indispensable to Your Life and Mission — Not Just the Household

There is a version of marriage where a wife manages the home, raises the children, and supports the career — and still goes to bed wondering whether any of it actually matters to the man she married. She is not his assistant. She is his partner and co-heir. Treat her accordingly. A wife who does not feel needed will eventually stop showing up fully.

Restore the Significance That Keeps Her Emotionally Invested and Fully Present

A woman's deepest psychological need beyond safety is significance. When she feels optional her motivation and relational generosity progressively diminish. Research identifies perceived significance as one of the strongest predictors of a woman's marital commitment, sexual responsiveness, and emotional availability. Purpose is not a luxury — it is the oxygen of her emotional life.

Honor the Original Design — She Was Not an Addition to His Life but a Completion of It

Genesis 2 does not say the situation was incomplete — it says it was not good. She completed something real that nothing else could supply. First Peter 3:7 describes her as a co-heir of the gracious gift of life. A husband who makes his wife feel needed honors that original, irreplaceable design.

Final word: She was not designed to exist at the margins of her own marriage. Put her at the center where she belongs.

MODULE 10 — VULNERABILITY

The Depth She Is Reaching For — The Final Invitation

FINAL SUMMARY — FS

This is the ceiling of intimacy. She needs the one thing most men refuse to give — access to the interior. Not a performance of strength. The real man.

1: Open the Interior of Your Life So She Can Finally Connect With the Man She Married

2: Let Emotional Disclosure Deepen Her Trust, Attachment, and Physical Responsiveness

3: Return to the Nakedness of Genesis — Fully Known, Fully Safe, Fully Covered

Final word: The walls he builds to appear strong are the same walls that make her feel completely alone. Let her in.

VIDEO SCRIPT — VS

Open the Interior of Your Life So She Can Finally Connect With the Man She Married

She cannot connect deeply with a man who cannot be reached. A husband can be present, faithful, providing, and affectionate — and still leave his wife profoundly alone if he will not open his interior. She does not want access to his performance. She wants access to him. She is not asking him to fall apart. She is asking him to let her in.

Let Emotional Disclosure Deepen Her Trust, Attachment, and Physical Responsiveness

Emotional vulnerability in a man triggers a profound neurological response — oxytocin release, increased trust, and deepened attachment. When a man allows himself to be emotionally known his wife does not lose respect. She moves closer. Research confirms that emotional disclosure from a husband is one of the strongest predictors of a wife's marital satisfaction and long-term commitment.

Return to the Nakedness of Genesis — Fully Known, Fully Safe, Fully Covered

Genesis 2:25 was not merely physical nakedness — it was total transparency without shame. Two people completely known and completely safe. Every wall a husband maintains inside his marriage quietly rejects that design. Vulnerability is not weakness — it is the return to Eden. She is not asking for more than God designed the marriage to hold.

Final word: The walls he builds to appear strong are the same walls that make her feel completely alone. Let her in.