

# Effortless English

## Emotionally Intelligent Husbands

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**data:** n. information, facts

**newlywed:** adj./n. people who were recently married; newly married

**indicate:** v. show

**transformed:** v. changed

**emotionally intelligent:** adj. good at handling emotions, good at talking about emotions

**honors:** v. respects

**emotions:** n. feelings

**emote:** v. show feelings

**evolution:** n. change over time, development

**superior:** adj. better

**upbringing:** n. how someone was raised (by parents)

**moral fiber:** n. goodness

**convey:** v. show, communicate

**elementary:** adj. simple, basic

**priority:** n. something that is important

**revised:** v./adj. changed, edited

**map of his wife's world:**

detailed knowledge of wife's life

**keeps in touch with:** remembers

**admiration:** n. liking, respect

**fondness:** n. good feelings for

**outstanding:** adj. great

My **data** on **newlywed** couples **indicate** that more husbands are being **transformed**. About 35 percent of the men we've studied fall into the category of "**emotionally intelligent** husbands". Research from previous decades suggests the number used to be much lower. Because this type of husband **honors** and respects his wife, he will be open to learning more about **emotions** from her. He will come to understand her world and those of his children and friends. He may not **emote** in the same way that his wife does, but he will learn how to better connect with her emotionally. As he does so, he'll make choices that show he honors her. When he's watching the football game and she needs to talk, he'll turn off the TV and listen. He is choosing "us" over "me".

I believe the emotionally intelligent husband is the next step in social **evolution**. This doesn't mean that he is **superior** to other men in personality, **upbringing**, or **moral fiber**. He has simply figured out something very important about being married that the others haven't yet. And this is how to honor his wife and **convey** his respect to her. It is really that **elementary**.

The new husband is likely to make his career less of a **priority** than his family life because his definition of success has been **revised**. Unlike husbands before him, he makes a detailed **map of his wife's world**. He **keeps in touch with** his **admiration** and **fondness** for, and he communicates it by turning toward her in his daily actions.

This benefits not only his marriage but his children as well. Research shows that a husband who can accept influence from his wife also tends to be an **outstanding** father. He is familiar with his children's world and knows all about their friends and their fears. Because he is not afraid of emotions, he teaches his children to respect their own feelings-- and themselves. He turns off the football game for them, too, because he wants them to remember him as having had time for them.

**leads:** v. does, lives

**troubled:** adj. having a problem, upset

**delighted:** adj. very happy

**mourn:** v. feel sad for someone who is dead (or gone)

**entitlement:** n. power (given by society or government)

**righteous indignation:** n. feeling very angry and correct; angry because you think you are right

**authoritarian:** adj. bossy, controlling

**withdraw into a lonely shell:** idiom. stop communicating with other people

**is his due:** idiom. he is supposed to get, is his right

**consequence:** n. result

The new type of husband and father **leads** a meaningful and rich life.

Having a happy family base makes it possible for him to create and work effectively. Because he is so connected to his wife, she will come to him not only when she is **troubled** but when she is **delighted**. When the city awakens to a beautiful fresh snowstorm, his children will come running for him to see it. The people who matter most to him will care about him when he lives and **mourn** him when he dies.

The other kind of husband and father is a very sad story. He responds to the loss of male **entitlement** with **righteous indignation**, or he feels like an innocent victim. He may become more **authoritarian** or **withdraw into a lonely shell**, protecting what little he has left. He does not give others very much honor and respect because he is engaged in a search for the honor and respect he thinks **is his due**. He will not accept his wife's influence because he fears any further loss of power. And because he will not accept influence he will not have very much influence. The **consequence** is that no one will much care about him when he lives nor mourn him when he dies.

### **Learn More:**

[Dr. Gottman's Relationship Institute](http://www.gottman.com/)

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[Bill Ferguson's Relationship Mastery](http://www.masteryoflife.com/)

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