

The Six Mistakes Women Make That Sabotages Their Happiness & Health

In my life coaching experience, I've identified 30 mistakes women routinely make in their relationships/marriages. Now, while no woman makes all thirty, every woman that I've worked with makes the first six – in the following order:

Mistake # 1 – Women put men in the driver's seat of the relationship before he has earned the right to occupy that space in their lives. This is the first and the most egregious mistake of the six.

Permit me to explain the obvious use of a driving metaphor.

In a real-life driving situation, it is the driver that has all the power because it is the driver that directly determines the driving experience – quite often much to the chagrin of the passengers in the vehicle.

For example, the driver determines if the car pulls out of the driveway to begin the journey or remains parked in front of the house for God knows how long.

It is the driver that determines the DIRECTION of the journey – not the passenger. He or she determines if they head straight to their destination or if they go in circles and end up hopelessly lost.

In addition to that, it is the driver that determines the SPEED of the journey. The driver is the one who decides to travel at a good speed of 70 miles per hour or at a snail's pace of 7 miles per hour.

More importantly, it is the driver that dictates the TERMS of the journey. I will explain. When my wife and I would drive from New Jersey to Florida or Huntsville, Alabama on vacation or just to visit the kids, I was the primary driver. I did the bulk of the driving. My wife, the passenger, knew that it was in her best interest to make me comfortable so that I could continue driving while she read,

talked on the phone, or slept. Consequently, I determined what gospel artist we listened to, the temperature in the vehicle – be it hot or cold. I also determined if we ran the air conditioner or rolled the windows down to enjoy God’s fresh air. I determined all of those factors.

Here is another important factor, my wife, the passenger, understood that the more she pleased me and met my needs, the longer I would drive relieving her of any driving responsibilities for as long as possible. This leads me to the next fact which is, my wife became the pleaser while I was the one being pleased and having my needs taken care of.

Are you getting this? As long as I was the driver, my wife’s focus was on me – not vice versa!

Now, let’s make the transition to a new dating situation where a woman has just met a man. The mistake the average woman makes is she puts her man in the driver’s seat before he’s demonstrated that he deserves to occupy that space, but more importantly, before he demonstrates that he’s capable of being the man you need him to be.

The man is making the decisions - he determines if the relationship goes in a straight line to the altar or if it goes around in circles indefinitely, he decides how quickly the relationship progress – if it progresses at all. But most importantly, he dictates the terms of the relationship. So, what happens next?

I must inform you that when a woman makes this mistake, the next five mistakes follow in quick success. There is an immediate domino effect.

Mistake # 2 – Women negotiate from a position of weakness in their relationship and marriage.

Ladies, think about it, when your man is dictating the terms, the direction, as well as the speed of the relationship. Not only that,

you, in an effort to move the relationship along, have switched roles with your man because which means you have become the pursuer and the pleaser in the relationship.

Consequently, when he wants sex and you don't, but he threatens to get it elsewhere and you relent because you are afraid of losing him to another woman - you are negotiating from a position of weakness.

When you've been dating for several years and you are no closer to a wedding several years later than you were when the relationship began several years later but he doesn't want to talk about it and you relent - you are negotiating from a position of weakness.

When he can't make up his mind if he wants to marry you or not and when you bring up the subject and he gets angry and you acquiesce and change the subject, you are negotiating from a position of weakness.

Guess what ladies, after mistake # 2, it only gets worse.

Mistake # 3 - Women surrender all of their power and end up powerless in the relationship/marriage.

When you make mistakes #'s 1 & 2, you inevitably give all your power to your man. Ladies, when you surrender all of your power to a man you can't help but be treated like a doormat door mat - merely something for him to wipe his feet upon!

It is not a pretty site when it happens. Yet, it happens every day in this country.

The sad part about it is that is entirely preventable. I know, in my coaching program, I teach women how to prevent and or correct it from happening in the first place.

So, why does it happen so frequently? Mistakes four and five will explain in detail.

Mistake # 4 – Women violate God’s theological blueprint for relational or marital happiness.

When God created Adam and Eve, He created a blueprint to ensure mankind’s relational or marital happiness. Simply put, since God is the creator and originator of marriage, He knows what brings about true happiness.

That relational/marital blueprint can be found in various places throughout scripture. God blueprint is clearly seen in Ephesians 5: 23. It says “For the husband is the head of the wife, even as Christ is the head of the church: and he is the saviour of the body.”

God requires husbands and men to be the leaders in their families. However, far too often today, men and women are switching roles and the woman ends up functioning as the husband, head of the home, and provider all while her man is in the home.

One of the problems why role reversal is so prominent in society today is because when it happens, women don’t know how to correct it. When the man loses his job and either cannot replace it or refuses to work, many women, not wanting their families to suffer, permit their men to stay home and watch her work her fingers to the bone to ensure that as far as possible, the family, especially the children, maintain their lifestyle she desires for them.

Because God called the man and husband to headship, the burden to keep a roof over the family’s head and food on the table, along with all the other family needs, falls mainly to the husband and leader of the family.

When a woman reverses roles with her man, not only does she suffer because she’s out of order with God’s divine blueprint for the family, but the entire family suffers as well.

I said it before, I say it again, you cannot violate God’s blueprint without suffering consequences.

Mistake # 5 – Women violate God’s Biological blueprint for relational and marital happiness.

To demonstrate how men and women should function when in relationship with one another, God placed a teaching device within our DNA to reveal how we should behave in a relationship with a member of the opposite sex.

To clearly illustrate our roles, God uses the sperm in men and the egg in women as teaching devices for both of us. He couldn’t have made a better choice.

Because the sperm comes from a man, it has male characteristics. The sperm has a head and a tail. But why a head and a tail?

It’s simple, God is teaching a man how he should function in a relationship with a woman. The sperm has a head because God declared in Ephesians 5: 23, “The husband is the head...”

But why does it also have a tail? It’s because as the head, the Master determined that men are the pursuers in the relationship.

Please take note that an egg has no tail which means it cannot go in pursuit of sperm which represents men.

When women pursue and chase men, they make all of the mistakes I’m describing above and as a result, it’s their happiness that is adversely affected and quite often, forever, because they never recover.

The sperm has one objective and that is to pursue and penetrate an egg. Consequently, it is assertive and aggressive in it’s pursuit.

God is showing us, biologically, how a man is to pursue a woman. Moreover, through this incredible teaching device, God is showing us the one main objective of the sperm is to PENETRATE THE EGG! Why? It’s because that’s the role of the man, particularly a husband.

He is to penetrate and capture the heart of his woman by loving her the way Christ loved His wife – the church.

Now, let's transition to the egg. We must take note that it has no tail. Why not? That's easy, it's because the egg was never designed to pursue a sperm – that would be backwards.

The egg waits for a sperm to find and penetrate it.

Likewise, women, women were designed by God to wait for a man to pursue and capture their hearts. When that happens, the women immediately occupy the driver's seat and are empowered by that approach.

Remember, the pursuer is the pleaser in a relationship. So, when a man is in hot pursuit, the woman benefits because he must bring his A game and demonstrate that he is worthy of being the man and possibly the husband she's been waiting for.

When we abide by the blueprint that God placed within each of us, men and women are mutual beneficiaries.

Mistake # 6 – Fearful of losing their men, women operate from a position of fear!

When women make the previous five mistakes, their situation is compounded by the fact that they are often overcome with fear of never realizing the dream of having the family that they dreamed of for years.

Consequently, when they do enter into a relationship with a guy, they more often than not, compromise their principles because they are fearful of not pleasing him and possibly losing him.

What I'd have women to understand is that fear paralyzes them into inactivity. Fear is their enemy.

Fear prevents them from saying what they should say or doing what

they should do in the relationship. Fear prevents them from getting their men to love them the way they want to be loved – and that is tragic. Long-term, it can lead to their unhappiness and ultimate divorce.

In addition to those fear factors is the phenomenon of the 30th birthday threshold. I'll explain. If a woman reaches her 30th birthday and Mr. Right is nowhere on the horizon, anxiety, and quite often desperation sets in. When it appears that she may never realize her dream of walking down the aisle and exchanging "I Do's" and marrying the man of her dreams and having children, fear often consumes her and affects her decision-making process.

With each passing year, as she ages, the fear increases. Fear leaves her vulnerable. Fear causes her to conform to her man's way of living whether she agrees with it or not. It actually causes women to compromise their values. Because they are so fearful of disappointing and losing their man, fear paralyzes them into inactivity which moves them ever closer to be the doormat that I referenced in the book. This is no way for any woman, or man for that matter, to live.

To combat this inevitable phenomenon, the first thing a woman must learn to do is to occupy the driver's seat of a new relationship as soon as a man approaches her and expresses interest in her.

This will empower her and give her the ability to negotiate from strength and negotiate with power. In fact, when she corrects all six mistakes, this become her antidote to fear, anxiety, and desperation.