

# 5 Steps to Trophy Wife



**be a wife he brags about**

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# What is a Trophy Wife?

I know that a Trophy Wife is typically defined as a wife whose sole purpose is to make her man look successful. Essentially, she's just one more object he has acquired.

In my world, though, a Trophy Wife is something so much more. A man with my kind of Trophy Wife can't believe his good fortune in marrying someone so supportive, healthy, optimistic, loving, kind, and hardworking. Her husband brags about her to his friends because that's what happens when you find such a treasure.

In this ebook I will give you the 5 steps you need to take every day to become his Trophy Wife.

## The 5 Steps to Trophy Wife

1. Say thank you
2. Believe in him
3. Give him directions
4. Hug him
5. Brag on him

## Step 1: Say thank you

More relationships would survive if the people in them were thankful.

Our culture is set up to focus on what we lack, not on what we have. According to the toothpaste commercials, who cares if your teeth are healthy if they aren't the color of white-out. Making enough money to live comfortably isn't enough because wouldn't one more dollar make you feel more secure? And a marriage where you feel loved and secure isn't worth anything if you aren't also having mind blowing sex every night, too.

For our marriages to survive we need to quit crying about what we don't have and instead thank the heavens above for what we do have.

A Trophy Wife knows this. And she thanks her husband for everything. Big or small.

She focuses on what he does right. She focuses on how her life is made better because he is there. And there are days when the only thing she can find to be thankful for is that she didn't murder him. But she still says thank you.

She not only focuses on what is good and beautiful about their marriage, but she says it. Out loud. To him. A Trophy Wife doesn't hide her gratitude. She lets that gratitude shine like a beacon on a hill.

And a Trophy Wife doesn't wait until Thanksgiving. She says it every day. In the morning. In a text during the work day. At night before they go to bed. She refuses to let him wonder whether she appreciates him.

Gratitude is like exercise. You're never going to be in the mood to start, but once you do your life will be changed forever.

### Research says

- For every negative experience in your marriage there should be 5 positive ones.
- Couples who express gratitude feel more connected.
- Research participants focused on being grateful slept better, exercised more and rated themselves 25% happier than other participants.
- Practicing gratitude decreased likelihood of depression.
- Gratitude is connected to longevity.

## The Homework

List all of the complaints you have about your husband.

Every single thing you want to change about him, all of the ways he has hurt you, and every way he falls short of what you expected.

For every one of those complaints come up with 5 things you are thankful for about him and/or your marriage. So if you listed 10 complaints you need to have 50 thanks.

Bet some of you wish you weren't such Negative Nancies, huh?

Share your list of thanks with your honey. Throw away that list of complaints.

## Step 2 - Believe in him

Everyone lives with that voice in their head. It's the voice that says that you're not enough. That you're wasting your time. That to try would be embarrassing. It questions your motives, your ability and your sanity.

Some people call that voice Resistance, or The Critic or your Lizard Brain. Whatever you call it, that voice wants you to feel small and never try to do anything worth trying. For most people it's constantly going and at full volume.

And whether you believe it or not, that voice is playing in your husband's head. That voice is telling him he is "not enough". And sometimes your husband believes the voice. Even worse, sometimes you amplify that voice in your husband's head.

The Trophy Wife knows that voice exists in her husband's mind and she is on the front lines trying to get rid of it. She gives him encouragement when he looks defeated. She reminds him that he is enough. She points out how who he is and what he is doing brings value to her, their family and the world. In short, the Trophy Wife believes in her husband.

Don't mistake this for being the same as being grateful for him. Believing in him means that the criticism is replaced with encouragement. Believing in him means reminding him of his goals and vision when he loses sight. Believing in him is being his biggest fan no matter what.

### Research says

- Criticism and contempt are indicators of divorce.

## The Homework

You can't be his biggest cheerleader if you aren't your own biggest cheerleader. Here are three ways to figure out if you are listening to your Lizard Brain:

1. Set a timer for 2 minutes and write out as many things about yourself as possible. Label each description either positive or negative. Which do you have more of?
2. Think about a distinct memory from your childhood. Is it more negative or positive?
3. If someone gives you feedback on your performance do you dwell on the positive or on the negative?

If you are more negative than positive, start holding your negative thoughts captive. Monitor when negative thoughts are most likely to happen and be on guard.

Find out what your husband's dream is and set a goal. Commit to verbally encourage him daily to reach that goal.

## Step 3 - Give him directions

Guys see women and their emotions as minefields. One wrong move and BOOM! This is why most guys get quiet/retreat/stand very, very still when they aren't sure what their wife wants or needs. Things are less likely to blow up in their face if they just play dead, right?

Other emotions that are caused by seeing women as minefields are anxiety and anger. They second guess every move they make and are on edge, especially when the feeling in the room starts to change. Or they are angry and frustrated that even their best intentions can go unnoticed, or worse, get them in trouble. You know he has entered the minefield when he throws up his hands and says, "I give up. I just can't win."

A Trophy Wife wants her husband to win. She doesn't want him to feel like he's walking on eggshells. A Trophy Wife gives her husband really clear directions about what she wants and needs from him. There is no mind reading or silent expectations. She doesn't wait until she's upset to ask for what she wants.

A Trophy Wife believes in being a grown up and using her words to ask for what she wants. She expects the same level of maturity and respect from her husband, as well.

Because she clearly and maturely asks for what she wants, her husband knows how to please her. And this makes her husband ecstatic! Finally, a map of the minefield!

### Research says...

- Pilots and co-pilots have fewer crashes when there is clear and direct communication.
- Passive behavior is known to cause stress, anger and resentment over time.

## The Homework

What is one thing you want more of in your relationship? With your husband create a map of what behaviors or expectations are necessary to make fulfilling that desire a reality.

Repeat the process with one of your husband's needs.

## Step 4 - Hug him

Did you know babies die if you don't hold them? You can feed them and keep them clean, but if you neglect to hug, hold and cuddle them they won't survive.

When do you think that need goes away? When you turn 5? 17? 38?

Humans are designed to need physical touch. We thrive when we are getting a healthy amount of affection from people we love and feel secure with.

More importantly, men are not verbal. Men are physical. So saying "I love you" with words will be communicated, sure. But saying "I love you" with touch will be the equivalent of shouting from the mountaintops. He'll get (and love) the message.

A Trophy Wife hugs her husband. She rubs his shoulders after a long day working in the yard. She squeezes his knee during church services. She communicates her loving feelings with her words and her body. Because it matters and she knows it.

Research says...

- Affection lowers blood pressure, likelihood of depression and stress.
- A baby monkey will pick the comfort of a fake mom in the form of a blanket over a fake mom in the form of a bottle. In other words, a baby monkey is more concerned about emotional needs than physical needs when scared.

## The Homework

Look at your daily routine and find 3 times where you can add some physical interaction.

## Step 5 - Brag on him

Marriages are all about intimacy. You know this person better and more fully than anyone else on the planet. You're emotionally, physically, and financially intimate. Intimacy requires privacy. Only you two are allowed in the club.

Except in one area...

A Trophy Wife brags on her husband whenever she can to whoever will listen. She wants everyone to know that she made the best decision ever when it came to picking a partner. They might have problems or issues, but that's not what she talks about with those outside their inner sanctum.

To outsiders a Trophy Wife only has good things to say about her husband and their marriage. There are no passive jabs or discussions about areas he is less than. No, in front of others she holds her husband in the highest esteem.

Know that this isn't about being fake or keeping up appearances. This is about being respectful of the person you've joined your life with. This is about being a decent individual in general, and an exceptional wife in specific.

Also note that this is the final step. Until you are treating your husband with love and respect in private all of your public adoration will mean nothing. Get your marriage straight at home first, then let that genuine love shine for all to see later.

Research says...

- One of the best ways to motivate employees is to praise them publicly.

## The Homework

Get that list of things your thankful for back out.

Everyone is connected online. Give the husband a shout out for a job well done or a character trait you admire on your Facebook, Twitter or blog.

Not online? Then the next time you're at work share a reason you're thankful for your husband with someone and then ask what they're thankful for. Spread the positive goodness.

# There's more where this came from...

I am on a mission to change young marriages. And I'd love for you to join me. Check out what we're up to at Nashville Marriage Studio:

[www.nashvillemarriagestudio.com](http://www.nashvillemarriagestudio.com)

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