

25 statements that tear down your husband (revised list)

- 1) How many times do I have to tell you...
- 2) You never....
- 3) I can handle it myself...
- 4) That's not the right way to do it...
- 5) Why don't you ever....
- 6) I don't need you
- 7) We never have enough money
- 8) You're such a _____ (jerk, loser, failure, liar, idiot, etc)
- 9) I don't trust you
- 10) I guess I'll have to take care of it...
- 11) If people only knew what you were really like
- 12) I don't respect you
- 13) Can't you follow my instructions?
- 14) The kids are more important
- 15) Never mind (followed by eye-rolling)
- 16) You'll never change
- 17) You're just like your father
- 18) Forget it. You don't care anyway...
- 19) You don't know how to be a good lover
- 20) That was a stupid thing to do
- 21) I feel like your mother
- 22) You're old enough to take care of yourself
- 23) Don't touch me
- 24) You're so immature
- 25) You're not very good at that

By the way – we don't just show disrespect by the words we say....we often communicate it in other ways such as:

- 1) Disgusted look on our face
- 2) A tone of voice that is disrespectfully sarcastic
- 3) Rolling our eyes at them
- 4) Yelling
- 5) Ignoring them and being cold as ice