

EMASCULATION acronym

Ego-deflating treatment:

- ❖ Criticism that demeans
- ❖ Comparison
- ❖ Questioning his decisions regularly
- ❖ Mothering/smothering
- ❖ Dream destroying

Manipulation:

- ❖ Behavior modification (similar to puppy training techniques)
- ❖ Exerting pressure (to get my way to get him to take care of responsibilities)
- ❖ Hidden agenda behind syrupy sweetness and batting eyelashes
- ❖ Withholding sex or using it for bribery

Aggression:

- ❖ Taking forceful action to get what you want
- ❖ Pushy attitude, tone, and words
- ❖ Hit-n-run tactics (setting up an emotional minefield for him to weave his way through)

Selfishness:

- ❖ Self-focused/self-absorbed
- ❖ Self-serving
- ❖ Prone to self-pity

Controlling:

- ❖ Dominating
- ❖ Fearful of outcome if not calling the shots
- ❖ Attempting to change husband

Unrestrained words:

- ❖ Too much talking
- ❖ Tone plus facial expressions/body language that communicates he's an idiot, worthless, or can never do anything right
- ❖ Using words as weapons

Leaving your husband hungry for attention:

- ❖ Ignoring his needs
- ❖ Not making him a priority
- ❖ Letting yourself go

“Anything you can do, I can do better”:

- ❖ Competitive rather than supportive
- ❖ Superior attitude
- ❖ Intimidating

Taking charge:

- ❖ Impatient, unwilling to wait for husband to act
- ❖ Taking over his areas of responsibility
- ❖ Saying he's the leader while you make all the decisions

Independent living:

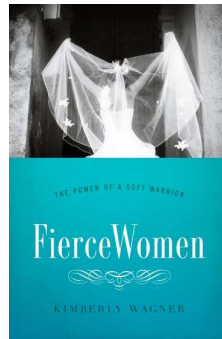
- ❖ Pursuing separate interests
- ❖ Living in your own world (romance novels, Facebook, Internet, friends, church)
- ❖ Keeping secrets from him

Obnoxiously opinionated:

- ❖ Convinced yours is the only way
- ❖ Treating preference issues as absolutes
- ❖ Unteachable and unwilling to listen

No margins:

- ❖ Spending time with your man is squeezed out by your over-filled schedule
- ❖ He's not an important priority to you and he knows it
- ❖ No time to build and intimate emotional bond through date nights or weekend excursions



From the book *Fierce Women: The Power of a Soft Warrior* by Kimberly Wagner.

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