Husband “Hot Button” List
Taken from “The Complete Husband” book by Lou Priolo, p.115-116

It is our responsibility to not become bitter and angry towards our wives. Let’s see if we can identify exactly what it is that provokes you to anger.

1. Place a check next to the items below that push your “hot button.” As you look at these items, ask yourself what it is that you want most from your wife, and what it is that provokes an angry response in you when you don’t get it.

To be more respectful to me
To be my suitable helper
To support my decisions more
To not be so bossy with me
To be more trusting of me
To not be a people-pleaser
To be more discrete
To lose weight
To be more affectionate
To initiate sexual relations more frequently
To enjoy sexual relations more intensely
To be more feminine
To take better care of her appearance
To be more attentive to me
To not have unrealistic expectations
To be more godly
To be less critical
To be more forgiving
To ask for my opinion more
To not put the children’s needs ahead of mine
To follow my instructions more carefully
To not have to have the last word
To support my decisions more
To verbally express more love for me
To be closer to me than anyone else
To not be so moody or temperamental
To take more interest in my friends or leisure activities
To be less perfectionistic
To cooperate with my leadership of

To be more submissive
To not challenge or appeal my decisions
To spend less time on the phone
To not be so worldly
To be more involved in church
To not disagree with me in the presence of others
To not be so friendly or flirtatious with other men
To not expect me to read her mind
To not be so serious
To better control her temper
To better control her tongue
To not be anxious
To not forget important things that I tell her
To pray and read her Bible more the family
To be more of a giver/less of a taker
To be more patient with me
To be more self-disciplined
To be more gracious
To be a better disciplinarian w/ the children
To try harder to please me
To better prioritize her spiritual life
To be more punctual
To not waste so much time
To be more grateful
To keep the house clean and attractive
To admit when she’s wrong
To be more hospitable
To be less career-oriented
To understand the pressures of my job
To be more industrious
2. Now that you’ve identified your ‘hot buttons’ (your idolatrous desires) you must work on *dethroning your idols*. You must prayerfully and actively replace those inordinate desires with desires that are in accordance with pleasing and glorifying God, rather than pleasing and glorifying yourself. You must learn to change the way you think about your desires and the extent to which you think your wife must meet them.

Rather than thinking, “My wife is a… (insert your favorite word) for not giving me what I want,” you must learn to think, “Having a wife who doesn’t…(insert your inordinate desire), is not the worst thing in the world. I must learn to love the Lord and to love her more than I love my…(insert your inordinate desire.).”