

# 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.

- |  |  |
|--|--|
| <input type="checkbox"/> To be more respectful to me                               | <input type="checkbox"/> To be more submissive                               |
| <input type="checkbox"/> To be my suitable helper                                  | <input type="checkbox"/> To not challenge or appeal my decisions             |
| <input type="checkbox"/> To support my decisions more                              | <input type="checkbox"/> To spend less time on the phone                     |
| <input type="checkbox"/> To not be so bossy with me                                | <input type="checkbox"/> To not be so worldly                                |
| <input type="checkbox"/> To be more trusting of me                                 | <input type="checkbox"/> To be more involved in church                       |
| <input type="checkbox"/> To not be a people-pleaser                                | <input type="checkbox"/> To not disagree with me in the presence of others   |
| <input type="checkbox"/> To be more discrete                                       | <input type="checkbox"/> To not be so friendly or flirtatious with other men |
| <input type="checkbox"/> To lose weight  | <input type="checkbox"/> To not expect me to read her mind                   |
| <input type="checkbox"/> To be more affectionate                                   | <input type="checkbox"/> To not be so serious                                |
| <input type="checkbox"/> To initiate sexual relations more frequently              | <input type="checkbox"/> To better control her temper                        |
| <input type="checkbox"/> To enjoy sexual relations more intensely                  | <input type="checkbox"/> To better control her tongue                        |
| <input type="checkbox"/> To be more feminine                                       | <input type="checkbox"/> To not be anxious                                   |
| <input type="checkbox"/> To take better care of her appearance                     | <input type="checkbox"/> To not forget important things that I tell her      |
| <input type="checkbox"/> To be more attentive to me                                | <input type="checkbox"/> To pray and read her Bible more the family          |
| <input type="checkbox"/> To not have unrealistic expectations                      | <input type="checkbox"/> To be more of a giver/less of a taker               |
| <input type="checkbox"/> To be more godly  | <input type="checkbox"/> To be more patient with me                          |
| <input type="checkbox"/> To be less critical                                       | <input type="checkbox"/> To be more self-disciplined                         |
| <input type="checkbox"/> To be more forgiving                                      | <input type="checkbox"/> To be more gracious                                 |
| <input type="checkbox"/> To ask for my opinion more                                | <input type="checkbox"/> To be a better disciplinarian w/ the children       |
| <input type="checkbox"/> To not put the children’s needs ahead of mine             | <input type="checkbox"/> To try harder to please me                          |
| <input type="checkbox"/> To follow my instructions more carefully                  | <input type="checkbox"/> To better prioritize her spiritual life             |
| <input type="checkbox"/> To not have to have the last word                         | <input type="checkbox"/> To be more punctual                                 |
| <input type="checkbox"/> To support my decisions more                              | <input type="checkbox"/> To not waste so much time                           |
| <input type="checkbox"/> To verbally express more love for me                      | <input type="checkbox"/> To be more grateful                                 |
| <input type="checkbox"/> To be closer to me than anyone else                       | <input type="checkbox"/> To keep the house clean and attractive              |
| <input type="checkbox"/> To not be so moody or temperamental                       | <input type="checkbox"/> To admit when she’s wrong                           |
| <input type="checkbox"/> To take more interest in my friends or leisure activities | <input type="checkbox"/> To be more hospitable                               |
| <input type="checkbox"/> To be less perfectionistic                                | <input type="checkbox"/> To be less career-oriented                          |
| <input type="checkbox"/> To cooperate with my leadership of                        | <input type="checkbox"/> To understand the pressures of my job               |
|  | <input type="checkbox"/> 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)."