

Important Differences Between Men and Women

There are two different sets of deep needs and insecurities in men and women.

Women want to know: Am I loveable, special, beautiful? The need is **acceptance and love**.

Men want to know: Am I able, adequate, good at what I do? The need is **appreciation and respect**.

Men need to be appreciated and respected: Women think they are meeting the need for respect, but send a different message through criticism, and questioning his decisions. Hearing “I love you” to a woman says 25 different things. What says that to a man is “thank you”.

Women need to be loved and accepted: Knowing you would choose her over and over again is important to a woman. Men can reassure this need with pursuit—reach for her hand, put your arm around her shoulders.

The most important thing men wished women knew: “That I love her”

The most important thing women wished men knew: “He’s my hero.”