

Dating Advice: Create The Person You Want To Be



By Janeen Diamond for [Hope After Divorce](#)

“There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life.”

These days, we all seem to talk a lot about our kids or our friends or our spouses going off to “find themselves” when things aren’t going quite right for them. But the truth of the matter is, it isn’t really possible to “find” ourselves. If we are going to be successful in our relationship and love life, we must “make” ourselves into the person we want to be. Consider these two pieces of [dating advice](#): First, remember to have realistic expectations, and second, know that you can

choose to be happy with yourself. I love the following quote by psychiatrist Thomas Szasz: “People often say that this or that person has not yet found himself. But the self is not something one finds. It is something one creates.”

Related Link: [Kindness No Matter What](#)

I have had experiences with a few loved ones who seem to bounce around, waiting for life to suddenly make them happy or turn into something that will completely surprise them. But, in my opinion, they will wait a lifetime. If we want certain things in our lives, we have to go after them. We can't expect something magic to happen or believe that, if we wish for something to happen, it will eventually just appear. This is especially true when it comes to dating.

Expert Love Advice About Realistic Expectations

Along those same lines, getting married and expecting the other person to turn your life around for you is completely unrealistic. My expert love advice is to remember that marriage is about two healthy people bringing their best selves into an important relationship and love with the plan to contribute in every way possible. I am of the mindset that we are each responsible for our own happiness and for the things we accomplish in this life. If you are friends with or married to a person who drains you and drags you down, only you can do something about it. Here's some dating advice for how to decide what that something is going to be:

- Give as much as you can to the other person; it will facilitate your own happiness and help you enjoy life on a higher level.
- Keep a positive attitude and try to encourage your partner or friend to get outside themselves.

- Keep working on the person *you* want to be – your own happiness and security will make all the difference in the world.
- If nothing changes and you are still feeling drained, consider letting go.

Related Link: [Is Your Life Working?](#)

How to Have Positive Relationships and Love in Your Life

I have reached a point in my life where I am willing and able to move on from relationships that are negative. I once told a friend that I could no longer be her friend because it was simply too difficult. It was an amazing experience to be able to kindly release myself from something that wasn't right for me. I became a stronger person at that point and someone who has been able to be more selective about the people I let into my life.

There is a difference between loving, helping and accepting others, and actually letting them be a part of your precious life. I believe we can help those who need guidance without letting them influence us in a negative way. If you have relationships in your life you need to reconsider, take some time and think through what needs to change. Part of creating the person we want to be is surrounding ourselves with like-minded people who can influence us in the way we want to be influenced. Don't be afraid to do a little housecleaning!

For more information about Hope After Divorce and their relationship experts, click [here](#).



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Kindness No Matter What





By Janeen Diamond for [Hope After Divorce](#)

“It seems that, whenever I allow myself to react without thinking, someone is watching from nearby who knows me. Can you relate?”

I was in a fast food restaurant with my family the other night, and everything seemed to be going wrong for me. The tomato basil soup I ordered wasn't quite ready, so I was told it would be just a few minutes before it was brought out to me. Well, 20 minutes later – after my family had nearly finished their chicken noodle soup – mine finally arrived...cold!

Now, I was already annoyed about the wait, and, oh yeah, a pita bread incident, and I really didn't want to have to send my soup back, but I did! Cold soup just doesn't hit the spot when it's 28 degrees outside. And, silly me, I actually expected it to be hot after waiting 20 minutes, right?

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Healthy Everything!"

When the waitress finally brought my heated-up soup back to my table, she sat it down in front of me, looked me in the eye, and said without hesitation, "Let me know if that's good enough for you." Yikes! My daughter had pointed out to me earlier that I was making the waitress scared... but now, it was me who was scared. I would have eaten the soup had it been frozen at this point. Luckily, it was just right.

Relationship Advice for the New Year

As I pondered what had happened that night, I realized both the waitress and I could have been a little more kind to each other. I don't like myself much when I allow my emotions to get the best of me and I wind up taking it out on other people. But here I was letting it happen. And she struck back. It made me think about how we can be unkind in all of our relationships, even with the people we love. Wouldn't you agree that our relationships with everyone – even those we don't know or even like – deserve our respect? After all, respect is one of the only things that keeps our world from crumbling into complete and utter chaos.

I decided right then and there that I'm going to work harder during this new year to be more kind to everyone I meet. So, as some general relationship advice, here are my rules to myself. You can borrow them if you'd like:

- I will smile at every person I encounter;
- I will offer an acknowledgement to let them know they are important;
- If someone is less than kind to me, I will try to brighten their day with a kind word;
- And if a person annoys me in some way, I will ask them cheerfully how their day is going.

I kept these rules quite simple for a reason: so I could remember them and have only a few small things that I require of myself. That way, it's more likely I will actually stick to them.

Related Link: [Single Traits to Lose So You Can Move Forward in a Relationship](#)

I consider myself a generally happy, kind person. But I am here to tell you that stress and pressure can get the best of any of us. We are all capable of acting annoyed, put out, angry, and unkind. It seems that whenever I allow myself to react without thinking, someone is watching from nearby who knows me. Can you relate? Maybe next time, I'll tell you about the time I said something thoughtless about my husband's ex-wife only to discover she was sitting at the table behind me. Yep, it actually happened!

What We Can Learn from Celebrity Divorce

Celebrity and well-known chef Giada De Laurentiis recently announced that she and her husband are divorcing. They have been married for 11 years and have a young daughter. They have stated that their divorce comes with much sadness. However, they are committed to focusing on the future with a desire for their family to heal and be happy. They say this is giving them the much-needed strength to move ahead. This celebrity divorce is a great example of how couples can choose to move through a split. It is a choice to be respectful, kind, and mindful of others, even during a tough breakup.

My best relationship advice is to remember to be kind. We live in a stressful world. Let's cut each other some slack and work on helping each other feel like we matter. When I'm feeling stressed or overwhelmed, all it takes for me is a smile and a kind word from someone, and it changes my entire day. Keep in

mind that, when someone is rude or impatient with you, it's not about you. That person is most likely in need of some love or simply some appreciation. See if you can be the one to help them get it.

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Your Soul Needs Nourishment





By Janeen Diamond for [Hope After Divorce](#)

“Stay in bed a few extra minutes in the morning and listen to the birds chirping outside your window...”

Fall is my favorite time of the year. Besides the cooler temperatures and beautiful colors in the mountains, I love what it represents. The holidays are coming, and family time is more prevalent. I get to make soup for dinner more often than not, and it's time to turn the fireplaces on and bring out the blankets. Plus, it's by far the best time of the year for driving around in my convertible PT Cruiser with the top down. I tell myself it is good for my soul; it makes me feel happy and alive. And if it's too cold for the top to be down, I put it down anyway and blast the heater. I know that there are others out there who do the very same thing!

I believe whatever it is that makes us happy – the small pleasures, in particular – is what we should do on a regular basis. Life can be full of challenges and trials, heartache and sadness, hard work and stress. We have to take control of our own happiness and involve ourselves in things that bring

us joy. We need to feed our own souls and look for those little things that make us tick. And while we're at it, I think we should help our family members do the same.

Related Link: [Clear the Clutter](#)

Make a list right now of the things you would do more often if you had time – and then make the time and start doing them *now*. Here is a short list to get you started:

- Do something creative. Attack a difficult recipe or make some clever Christmas ornaments.
- Play with your pets! Put on a warm sweater and take them for a walk or to a dog park.
- Get in your cozy robe and sit by the fire and paint your toenails.
- Stay in bed a few extra minutes in the morning and listen to the birds chirping outside your window.
- Plan a pie-making party with some of your friends.

I decided a few years ago to begin making the holiday season less stressful and more meaningful. I stopped giving such expensive gifts and started focusing more on enjoying this time of the year and helping others enjoy it as well. I would rather spend time eating lunch with my friends, having parties with my family, and attending events that instill the Spirit into my soul rather than spend my time shopping, paying bills, and worrying about what to buy for everyone.

Related Link: [Date Idea: "Fall" in Love](#)

Take this special time to begin making a change. Focus on becoming healthier and happier...whatever that means for you personally. Those around you will benefit greatly too. And once the New Year hits, you'll be prepared to continue moving forward with more ideas that will help you nourish your soul. Make it an ongoing activity. Always be searching for new experiences in life and ways to enjoy being alive. When you feel nourished – body *and* soul – you will be available for

yourself and others to love, to serve, and to make life better. So get going on your list!

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Is Your Life Working?





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...it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.

During an interview this week, I found myself talking about how important the relationships we have in our lives are. And as we talked, we brought up the fact that the relationship we have with ourselves is, by far, one of the most important ones we can have. Why? Because it's impossible to have genuine, solid, meaningful relationships with other people if we don't think much of ourselves.

Sisters Jessica and Ashlee Simpson are two good examples of celebrities who have both experienced divorce. What is inspiring about these two well-known siblings is that they each took time out for themselves afterwards. They took time for self-care to heal from the inside out, becoming the best they could be. Jessica and AshLee offer us hope that we can love ourselves even after a great loss. Then, we can find true love all over again.



Jessica Simpson and daughter Maxwell at sister Ashlee's wedding. Photo courtesy of Ashlee Simpson's Instagram.

If we can't trust ourselves, how are others going to trust us? If we don't like who we are, how are other people going to care for us? If we don't enjoy being alone with ourselves, how will others find it enjoyable to spend time with us? If we feel we have nothing to offer, why would we think anyone else believes we have value?

Related Link: [Don't Let the Good Guys Finish Last](#)

Consider the life you lead right now. Is it what you want? Are you doing the things that fulfill you and bring you joy? Do you wake up in the morning and look forward to the work you have to do? Do you plan to talk with friends today? Do you

have something fun planned for yourself? Will you offer service to someone today?

There are a lot of things we have control over in our lives. If something isn't working or if there are ways you could improve, decide right now to make a change and begin working toward it. I always like to start with small goals. Perhaps you want to feel more energetic and you just don't know what you're doing wrong, or maybe you have a habit of watching too much television and you want to start reading more.

So decide on one thing you would like to change in yourself, like "I want to have more energy!" And set three goals toward accomplishing it: I will have a set bedtime and get a full eight hours of sleep; I will begin a diet overhaul, but this week, I will simply eat two more servings of veggies every day; and I will begin exercising, but maybe this week, I will just start slow by walking twenty minutes each day.

Related Link: [Clear the Clutter](#)

Or if you want to stop watching so much TV, turn it off for just one hour a day and spend that time reading a book you've been interested in.

These are simple examples, but you get the idea. Simple fixes are usually the most far reaching and impactful in the long run because you have a greater chance of actually sticking with the changes. You might have physical, emotional, spiritual, or mental things you want to change. Think about what those desired changes are, and set up a plan to start improving a few things in your life. You may find your relationship with others will begin to improve drastically. You will begin to like yourself more – and that will lead to positive vibes towards family, friends, and co-workers.

Just remember that loving yourself will have a positive impact on everyone you know – especially you!

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**Don't Let the Good Guys
Finish Last**





By Janeen Diamond for [Hope After Divorce](#)

...we see a few redeeming qualities and think we've found The One. Well, let me tell you – some of us have found The One more than once!

What is it about us humans that we believe in order to be truly happy we need a significant other in our lives at all times? I think more of us need to work on being okay with being alone – at least until we know we're ready for the kind of relationship that will truly add to our own individual happiness. Now, you know me: I always try to keep a dose of positive attitude in everything I write. So today's message may come across as a bit of a downer, but I believe it is too important, so I'm going to go for it.

The divorce rate continues to climb, and I'm convinced it's because people – and particularly we women – get in such a rush to marry or re-marry, that we see a few redeeming qualities and think we've found The One. Well, let me tell you – some of us have found The One more than once!

We wind up telling ourselves things like, “He’s completely different than my last husband” or “He’s just so wonderful with my kids.” Maybe it’s more like, “Who cares if he drinks a little too much? He’s just so amazing” or “So what if his ex-wife hates him – he’s just misunderstood.” There’s also, “He’s irresponsible, but he’s so generous with his money,” “I don’t know that much about his past, but that’s just because he’s a very private person,” and “Yeah, I know he’s got a temper, but he has so much stress in his life. I can make everything all better.”

Related Link: [How To Behave Like a Gentleman](#)

Let me just say... Yes, of course, there are good men out there. I know many. But there are a lot of bad ones too, and the world of divorce seems to make them surface in droves.

I don’t make it a habit of recommending books, but I came across one that I actually want my youngest daughter to read before she even starts dating. That means I think every woman, married or dating, should read it too before she overlooks the warning signs or so she can finally realize why she’s been beating her head against the wall trying to make the relationship work. It’s called *How to Spot a Dangerous Man Before You Get Involved*. And boy, is it an eye-opener!

Now, to all you ladies reading who are looking for a new relationship, let’s give this a positive spin because I won’t be able to live with myself otherwise... Let’s be the woman who is so happy with herself and her life that she doesn’t need a man to fulfill her. Let’s be the woman who spots a good man when he does come along and attracts him into her life because she is stable and independent and happy. Let’s be the woman who is able to step back and examine the facts before jumping feet first into a relationship that may leave you heartbroken at best. Let’s be the woman who takes a pass on all the drama and looks for a grown-up to be a lifelong partner, who brings joy and stability and lasting love into the relationship.

The task of finding a genuine man who will appreciate you, love you, take care of you, and allow you to be who you are and who is also loving, kind, secure, and stable (funny would be an added bonus!) doesn't need to be as hard as we make it. Be the kind of woman who will attract this kind of man, and don't settle for anything less than what you want and what you deserve.

Related Link: ['Love Sick: A Memoir of Searching for Mr. Good Enough' Recalls the Humorous and Insightful Journey of Looking For Love](#)

If you're currently on the market for a new relationship, just remember to be careful, be watchful, and be open to dating and marrying good, solid men. They may not be as exciting in the beginning, but they will make your dreams come true in the end.

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Clear the Clutter



By Janeen Diamond for [Hope After Divorce](#)

“Sometimes, life is about just being here and feeling gratitude and enjoying all we are blessed with.”

I have been spending a great deal of time lately with a good friend who is deep into self healing, meditation, de-stressing, clearing buried emotions, and other ideas that go along with living a healthier, happier life.

I love feeling good, and I’m very open-minded about new ways to improve my health in every sense. When we go through a great deal of stress in our lives – and who doesn’t? – it

affects us in ways we sometimes don't notice until it's too late, and our health suffers. I never want this to happen, so I try to stay ahead of the game.

One of the things my friend has had me do is ten minutes of meditation twice a day. The first time I tried it, I was opening my eyes and looking at the clock before even two minutes had passed. He explained this is because of all the chatter we have going on in our heads. It's difficult to shut off our minds and just "be." Just try to sit still for ten minutes and totally clear your thoughts, and you'll see what I mean!

Related Link: [Changing Your Life in Those Quiet Moments](#)

I had another friend tell me a few years ago, "Janeen, you are too busy! Sometimes, life is about just being here and feeling gratitude and enjoying all we are blessed with." She really made an impression on me and had me working to simplify and clear the clutter out of my life. I have realized recently that family, church, service and work – the things that are most important to me – take up the bulk of my time. The things that are important to you may be slightly different, but I believe each of us has to be really choosy about the other things we let come into our lives.

It's so easy to:

- get busy with things that don't matter;
- let toxic people stay in our lives because it's more difficult to do something about it;
- let Internet shopping and social media fill our down time;
- and ignore our responsibilities because mindless activities are more fun.

It can be really easy to get off track and start spending our time doing unimportant things. I know someone who fills his

life with so much noise, and I have to ask myself why. He can't be in the car or working without the radio blasting. He can't sit still long enough to have a conversation, so he's always fixing things, moving things, turning things on and off. In my observations, I have come to realize that there are things he would rather not have to think about. When we allow ourselves to just be quiet, we are forced to think about our lives and dwell on the things we have done and on the things we need to do going forward.

I want to inspire you to become the kind of person who can work to clear the clutter, so you can get rid of the anxiety, the stress, and the unhappiness. Begin with these suggestions:

Decide what's causing you distress and write those things down. Maybe there are some little annoying things you need to deal with, and maybe there are some big, life-changing things that need to be faced head on. Start making a plan. And remember: Sometimes, the plan can take months or even years to achieve. Patience is going to play a vital role.

Take these things one at a time and begin putting them out of your life. Start with something small so you can have success quickly and gain some confidence. You have to ask yourself: Do I want to live with this for the rest of my life, or am I willing to make changes now so I can look forward to a better life?

Set goals and decide when each item will no longer be a part of your day. Having a date in mind and on the calendar will help you do what it takes to get where you need to be.

Related Link: [The Most Powerful Tool to Help You Find Your Soulmate](#)

Stress is a part of life. We all have to deal with it from time to time. But we don't have to let it take us over or ruin the enjoyment we get from family, friends, and meaningful work. Make sure you do the basics everyday: exercise, eat

well, meditate, do things that bring you pleasure, and laugh.

Do what it takes to stay healthy and full of life. Get rid of as much stress and anxiety as you possibly can. And be grateful for something every day.

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Considering Divorce? Ask Yourself Three Questions





By Janeen Diamond for [Hope After Divorce](#)

“...great marriages are born when two people decide to come to the party!”

It's common knowledge that most of us, at one time or another, will consider divorce as an alternative to a difficult marriage. The truth is ALL marriages are difficult to some degree, and those of us who long for the fairy tale will be sorely disappointed. I have often said that great marriages are born when two people decide to come to the party! Marriages fail because someone decides the party isn't all that fun.

Sadly, Melanie Griffith and Antonio Banderas are divorcing after 18 years of marriage. Their news comes after living separate lives due to their conflicting work schedules. They may be saying their split is amicable and ending in a loving manner, but the reality is that they no longer choose to be a couple. They will now have to face dividing their combined fortune, rumored to be worth 50 million dollars.

Related Link: [Going Solo Again: Bold New Beginnings](#)

In talking with many divorced individuals, I've learned that expectations about sex, money, care taking, adoration, housekeeping, ways to spend leisure time, and a whole bunch of other individual traits are often born out of selfishness, immaturity, and insecurity and sometimes even based on a lack of experience with reality. I hope that doesn't sound negative, but the fact is we all bring our own stuff into our marriages, and often, our stuff doesn't exactly mesh with our spouse's stuff.

I met a couple several weeks ago who, between them, had experienced several divorces. The husband lamented that his first wife had cheated on him, his second wife just wouldn't give him enough attention, his third wife couldn't accept his children, and so on...

And this is the reason I try and focus on helping people stay in their marriages if at all possible! Because the cycle doesn't end. Issues will keep popping up no matter how many times you get married, because it isn't about the issues themselves – it's about the people in the marriage who are creating the issues. And until we fix the people...the issues will remain. In my opinion, a good counselor could absolutely help a couple facing infidelity, attention deficits, blending families, or any other problem that exists by focusing on the real issues we just talked about – selfishness, immaturity, insecurity, etc.

If you are seriously considering divorce, I want you to spend the next week asking yourself these three questions over and over until you have the answers solidified.

– **Will I be better off?** Will you be better off emotionally? Will you be better off or at least be able to sustain yourself financially? Will you be happier in the long run? Think of these questions in every possible scenario.

– **Am I okay with the thought of a new life?** If you are forced

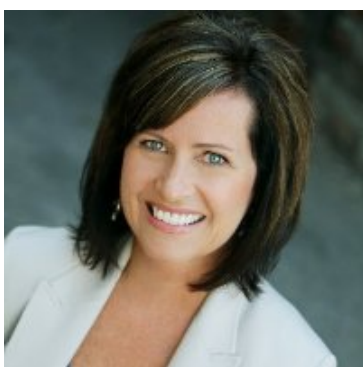
to move from your home, will your kids be okay with a new school and new friends? Will you be able to handle all the added responsibility? Think about all of the changes that will take place for you personally and figure out if, for you, these changes are manageable.

– **Have circumstances made it necessary for me to end this marriage – affairs or abuse?** If the affairs or abuse has stopped, is it possible to put things back together? The roadblock often comes when one partner doesn't want to put in the work or seek counseling and do what it takes in order to gain back the violated spouse's trust. These are serious problems, and you need to determine for yourself if indeed you will be better off leaving the marriage.

Related Link: [Attitude is Key](#)

Divorce is a big decision. Don't move forward with it until you have exhausted every attempt to fix things in your marriage. Once you are comfortable with your decision, whatever it is, move forward with conviction. I will root for you to go for the save!

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Attitude is Key



By Janeen Diamond for [Hope After Divorce](http://HopeAfterDivorce.org)

“...laughing is one of my absolute favorite things.”

My husband and I have gone through about a half dozen extremely stressful events this past year. Looking back, it seems amazing we still find the energy to laugh on occasion. But that's the way life is! And the older we get, the more responsibility we take on, the more children we have, the more

complicated our lives become – the more stress we are going to have to deal with.

My kids and I have always tried to find something to laugh about when serious things happen. It's not always easy, but at least we feel relief a lot more of the time. And hopefully, that's affecting our health in a positive way.

One of the biggest stressors in our society is the breakup of families. We live in a world where divorce has become the norm, and it's refreshing when I notice couples getting along after a divorce. I was thrilled to see that Ashlee Simpson and Pete Wentz reunited (along with their new love interests) to celebrate their son's fifth birthday. I can tell you from experience that keeping a friendship with your ex post-divorce is the only way to go. Everyone involved will be happier in the long run.

Related Link: [Exes Ashlee Simpson and Pete Wentz Reunite for Son Bronx's Birthday](#)

And, just a side note, if your new significant other doesn't agree with that logic, it may be time to get a new significant other!

I think we all believe our trials make us better. They build our character; they solidify who we are as individuals; and they give us perspective. We can all learn to be grateful for those tough times. The key to me is allowing our heartache to strengthen us rather than overtake us and beat us down. Ashlee and Pete seem to have this figured out.

Keep these three little tricks in mind the next time you've lost all hope:

Do one thing you love to do every single day. This doesn't have to be extravagant or complicated. Sure, I'd love to go out and buy a new outfit everyday, but that's simply not going

to happen. Simple things that we love make us happy. I might bake chocolate chip cookies one day, or sit by the fire and read a book the next. Sitting in the hot tub before bed makes me happy, and it helps me sleep better. Call a good friend and chat, or meet up with your daughter for lunch. Figure out what you love and do just one of those things every single day.

Make a list of all the things that are creating the stress and see if you can do something to change it. This is a brilliant plan! When we write things down, it's easier to tackle what we're dealing with. We will be able to see what we can't change, and hopefully, we'll be able to accept those challenges for what they are at that point. Making a list of possible solutions could change your life. Just don't overwhelm yourself with trying to do everything at once.

Call the one person who makes you laugh every time you talk to them. For me, this is my big brother. No matter what either one of us is going through at the time, it is absolutely certain that, before we hang up the phone, we will both be rolling in laughter, sometimes with tears streaming down our cheeks. We share a similar sense of humor, and laughing is one of my absolute favorite things. Just writing this paragraph is reminding me to find more opportunity to laugh every day from here on out!

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Attitude is everything. I tell my kids that all the time, but sometimes, I have to remind myself as well. How we choose to deal with the stressful times in our lives is up to us. We have to decide how much happiness we want to experience amongst all the grief and upset we sometimes are forced to live with.

Life should be joyful. Make your list right now, and find one thing you can do today that will make a difference in the way

you are feeling about your stress. I know I'm going to.

For more information about Hope After Divorce, click [here](#).



Janeen Diamond, author of Save Your Marriage in 30, was a newscaster for KUTV News until 2001. Since that time, she has been actively producing commercials and special programming through her company, Your TV Spot. She has hosted several television and internet productions and has been a spokesperson for several products and companies. She is a leader over the youth in her church and takes a special interest in helping kids stay on track with their lives. Janeen is currently co-creating "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. She is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com. Follow her on Twitter [@janeendiamond](https://twitter.com/janeendiamond) and www.facebook.com/janeen.diamond.

The Four Biggest Myths About Men





By Janeen Diamond for [Hope After Divorce](#)

“Some men are actually very afraid of roller coasters.”

We women think we have men all figured out. Many of us believe they only care about three things: sex, food and sports. But the reality is, they are human beings who experience human emotions, and the sooner we accept that fact, the sooner we will begin to experience true joy in our relationships.

Let’s consider Billy Ray Cyrus for a moment. After 19 years of marriage, his wife Tish has filed for divorce, citing irreconcilable differences. Billy seems like a pretty good guy. I’m sure he has his issues, but then so does Tish. He and his wife have five kids, and he seems supportive of his family – that’s no small thing. It’s apparent that the two of them have difficulty getting along at times, but who doesn’t?

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My advice to Tish would be to step back for a moment, stop talking to your girlfriends about your marital problems and talk to Billy instead. Consider the good that exists in your

relationship, and remember that no one can ever take his place as a father to your children. Think ahead to the grandchildren. How nice it would be to have your family intact at that stage of your life so you can enjoy each other in the most intimate way? No deciding where the kids go for weekends and holidays; instead, everybody is together always. Now why didn't I think of that years ago?

My experience has led me to the conclusion that sometimes the things we tell our girlfriends about our husbands are often based on our own fears and are not always reality. There are four myths about men that we've all been holding onto for way too long. Let's discuss:

Men don't really care – about anything. Most men actually do care. They care about their wife and family very deeply. They care about making you happy, and they even care about the way they look. The reason women believe men don't care is because we think they don't listen. The truth is, they just listen differently than we do.

Men have no fears. When your teenager wants to go on the roller coaster you refuse to ride, you ask your husband to take her because he couldn't possibly be afraid of a roller coaster. Some men are actually very afraid of roller coasters. Men worry about a lot of things. They worry about finances; they worry about what's going on at work; and they feel a lot of pressure to make sure you're happy. They actually spend more time worrying than we do because they carry a lot of responsibility on their shoulders.

Men are emotionally detached. Men have emotions. They may not always show them because they are expected to hide the fact that they are sad or scared. They're supposed to be our rock. Share in their emotions, and they will connect with you on a higher level.

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Men are confrontational and demanding. A good, responsible man will communicate with you effectively. If you're doing the same, there will be no demands and no confrontations.

Ask yourself if you are doing everything you can to bring out the best in your husband. Decent, hard-working, responsible, loving men are wonderful human beings who want a meaningful relationship with their wife. They want to care for you on every level, so let them. And then return the favor.

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