

A Man's GUIDE TO A Kick-Ass Marriage



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A kick-ass marriage. The Holy Grail of union. The elusive happiness in a long-term relationship.

Sex, love, trust, respect, communication, connection, and more. It's what we men seek and often struggle to manifest.

All men have experienced challenges with their partner. Many men have been brought to their knees.

Be it the threat of her leaving. Lack of sex. Years of her complaints. Character attacks. Months of no touch. Sexual rejection.

And at the extreme, the threat of divorce. The loss of one's house, assets, kids. The fear of being alone. Not knowing who you are. The list goes on.

- Do you struggle with your wife?
- Are you challenged to get what you want in your marriage?
- Do you suppress parts of yourself to keep your relationship alive?

If you answered **YES** to any of these questions, you're in the right place. In this guide, you will learn 3 steps to attain the holy grail of relationship.

And not some kind of "everything is perfect" Disneyland union. But a fierce love that harnesses the force of courage and resilience in you as a man to create the marriage you want.

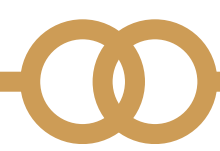
So let's jump in. I'm Stuart Motola, Men's Relationship Coach, and I've been coaching men in challenged marriages for over 15 years. And I'm honored to be your brother and guide.

But first before you continue reading, consider printing this guide to get the most out of it by highlighting what resonates for you most.

A portrait of Stuart Motola, a bald man with a grey beard, smiling. He is wearing a dark blue polo shirt. The background is a solid blue color.

**STUART
MOTOLA**
MEN'S RELATIONSHIP COACH

THE MAN-PROJECT IN RELATIONSHIP



A mission, a purpose, a project. Every man takes on a mission in his relationship, whether he's aware of it or not.

Be it to get love, trust, connection, companionship, intimacy, or sex. Or on the flip side, to give.

To provide and protect. To create financial security, a bountiful home, a loving family, and to make his partner happy.

And typically we seek to create all this through success. We work hard to be prosperous. We try to build up our accounts - savings, investment, and college - to steer the family ship.

We also want to be a good husband. To love our kids as best we can. To be a great man.

But regardless of what we do, it's often not enough for her. Once she has her basic material needs met, she wants more.

She wants your presence, your understanding, your stability. She wants your confidence, your strength; she wants it all.

**AND IT'S ENOUGH TO LEAVE YOU STRETCHED THIN AND EXHAUSTED.
CAN YOU RELATE?**

The demands on us guys in marriage are greater than ever in human history.

You're expected to be strong and solid, as well as loving and emotionally present.

But over time when you struggle to meet these expectations, your wife becomes unhappy and demanding.

The marriage becomes weighted. A place where you struggle to feel her love. Sex dries up. Confusion settles in. You get stuck in a "not enough" loop with her.



She's constantly reminding you of what you didn't do, what you said wrong, how you don't show up, and how you're not enough.

And then you wonder, how did the woman I fell in love with become the one who nags, complains, and tears me down?

YOU END UP THINKING

"She complains so much."

"I can never make her happy."

"We rarely have sex."

"We're roommates."

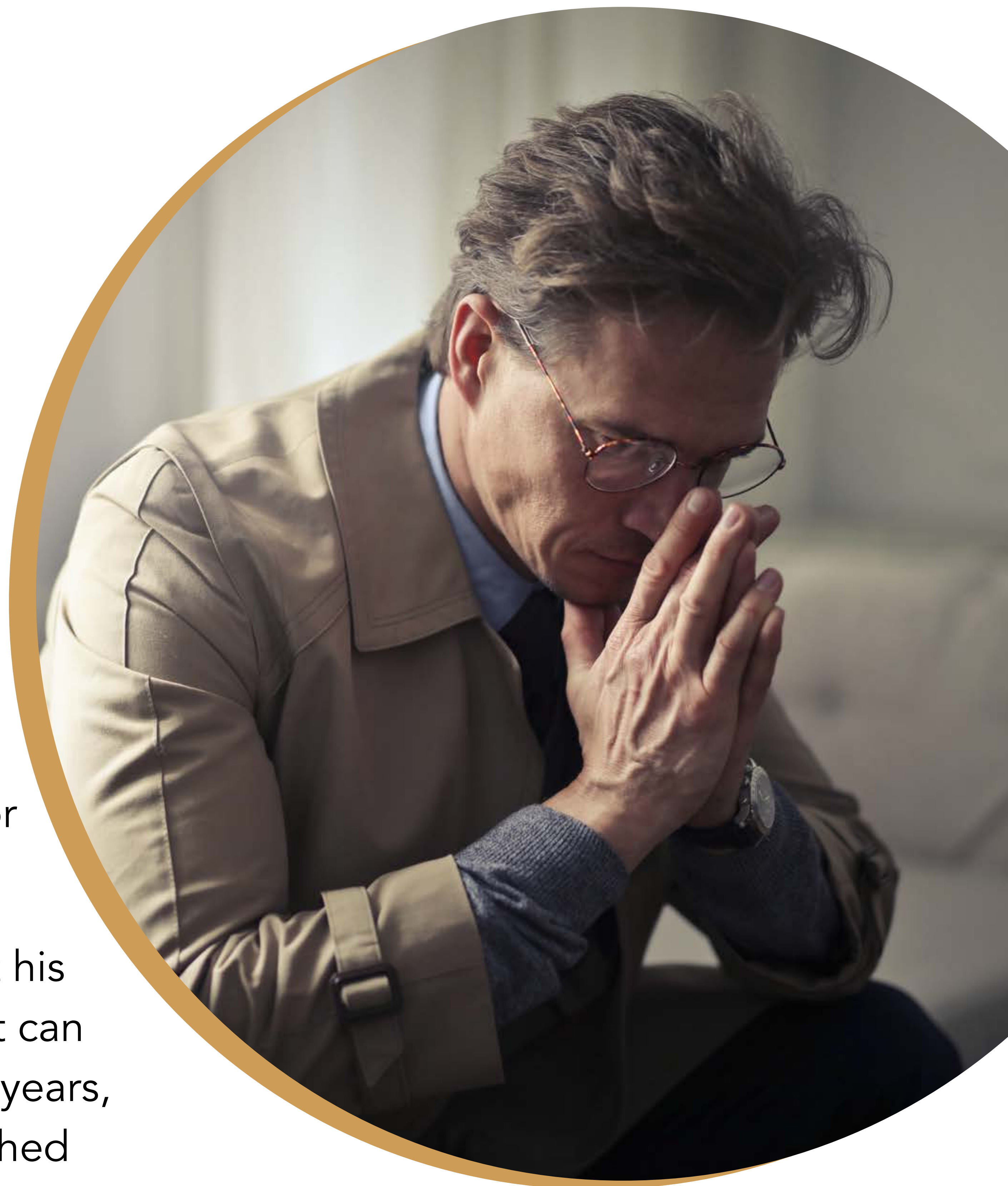
Do any of these thoughts resonate with you?

A man can only fail at his mission for so long, so many times, or deny his own wants and needs for such a time.

And over time, the feedback that his wife is not happy can be brutal. It can feel like you failed her. And over years, it leads to self-doubt and diminished self-esteem.

But let's be clear, brother

Your failure is not in your inability to make your wife happy but in believing it's your job to make her happy.



And reversing that is the first step to creating a kick-ass marriage.

Thus, step one.

1. TO CREATE A FULFILLING MARRIAGE, YOUR SELF-ESTEEM MUST BE GREATER THAN YOUR SHE-ESTEEM.

That's right. She-esteem. Don't bother looking it up. It's not on Google.

Simply put, "she-esteem" is your internalization of how she values you.

And when your she-esteem is greater than your self-esteem, you've shot yourself in the foot. You've created a dynamic that keeps you weak and not enough for her.

Do you ever think....

"I can't be ok if she's not?"

"I'm not enough for her?"

"I'm at her mercy in this marriage?"

"She's better at this relationship stuff than me?"

If so, your she-esteem is greater than your self-esteem. I know. I've seen this time and again in clients, men just like you. And I lived this for many years with my wife of 20 years.

Much of my behavior towards her was driven by my trying to prove my worth to her. I was an extreme case. I literally waited on her hand and foot.

I cleaned the house, cooked dinner nightly, did the dishes, ran the laundry on weekends, managed our family business, got my son to and from school, and more. I did all I could to be a good man, essentially trying to win her approval.

I thought...

If I didn't offer her value, what am I worth in this marriage?

If I don't get it right with her, I'm failing her.

I did my best for her. And so I wondered, How can she complain so much?

How can she be so unhappy?

But then I took a deeper look. I realized that my motives weren't so altruistic.

My thinking went like this... If I can make her happy, then maybe she'll chill out, maybe she'll get off my back, and maybe my marital challenges will improve.

Ironically, trying so hard to make my wife happy kept me unfulfilled, needy, spineless, and at times controlling.

It soon became clear to me that I could never make my wife happy all the time. My failure was trying to do so by consistently putting her needs above my own.

Do you...

- Let her have the last word in arguments?
- Tolerate being told you're wrong when you know you're not?
- Take it when she says all you care about is sex?
- Walk on eggshells with her?
- Allow her to disrespect you?

Every year, I speak to hundreds of men who subvert their needs to their partner's to create a good marriage. And when it doesn't work, they get super-frustrated and confused.

And that leads us to step two.



2. SHE'LL NEVER TRUST YOU IF YOUR SHE-ESTEEM IS GREATER THAN YOUR SELF-ESTEEM.

Yes, trust. Trust is key to a kick-ass marriage.

Without it, she complains, nags, tells you that you're not enough and at worst, subtly manipulates you or attacks your character. And after a while, it further diminishes your self-esteem with her.

That's true even if you, like many of the top-performing executives I coach, have great self-esteem at work, in the gym, on the golf course, or with your kids.

With low "relational self-esteem"

- You get upset when your partner rejects you.
- You take on the emotional weight of her complaints.
- You co-create a marriage that keeps you weak, disrespected, and untrusted.

Trust is the key to her heart and her sexuality. She needs a man she is safe with. A man who is safe in himself, even in the face of her complaints and judgments.

To transform your experience of her, know that...

Her complaints and judgments are about her, not you, and they're a reflection of her unmet needs.

They're about her inability to communicate her needs maturely and often even to identify her needs in the first place.

Constant complaining and nagging are not mature and that's why they feel so crappy when dumped on you.

Of course, you have a part in this too. It's a relationship. But it's a part. Not the whole.

Your part is that you're not currently a safe haven for her to communicate her needs.

Safety is the greatest thing a woman seeks from a man, even if she's blowing up the room.

And when she's unsafe, she bitches, complains, talks nonsensically, withdraws sexually, and does all that emotional stuff that drives us guys nuts.

What's a guy to do?

Become safe and trustworthy by doing these things below.

- Stand strong in the face of her critiques.
- Stop taking on her complaints as who you are with her.
- Let go of the emotional weight of her judgments.
- Trust yourself to know and like who you are, independent of what she says about you.
- Hear her problems without taking them on as yours to fix.
- Identify and advocate for your own authentic wants and needs.
- Do what you say and follow through on what you commit to.
- Be relational and curious, instead of right.
- Be in your own authority, strength, and resilience to offer your natural care.

Do even just two of these things and your marriage will improve.

Do it for yourself. Not just for her. Do it for the man you want to be. The man you want to model for your kids.

And the rewards of the new man you become will flow to her, assuming she's even capable of receiving the new you. You'll know once you've become solid in yourself.

And that brings us to step three.



3. PIVOT ON YOU NOT ON HER.

To pivot is to orient. A basketball metaphor is useful here.

On the court, movement with the ball starts from the pivot foot. The pivot is the fulcrum and catalyst of action.

When you pivot on your wife you give over your center to her.

You diminish yourself. You feel lost about who you are with her. Where you stand. You rely on her thoughts and beliefs to fill in the gaps of your relational identity.

You take on her complaints as your failure. You subdue your wants and needs for hers. And herein lies the heart of the problem.

CONSISTENTLY PUTTING YOUR WANTS AND NEEDS SECOND TO YOUR WIFE WILL NOT GET YOU THE LOVE YOU WANT.

Doing so is not normal marital sacrifice like skipping the guys night out because you said you'd watch the kids.

What it is, is a low self-esteem attempt to get the love you're currently not getting. A grasping to get back into her good graces. A thin hope of getting your needs met.

Be it a smile from her, a hand on your shoulder, a "hello" from her when you walk through the door, or an openness to you sexually.

Consistently putting her needs before your own, she becomes the command center in your relationship instead of yourself.

The age-old expression - "Happy wife, happy life" - only encourages this. And it's often unconsciously pulling our strings as guys.

In today's post-feminist world, "Happy wife, happy life" will just enable her to behave poorly, see you as the problem, and leave her frustrated that she's with a weak man.

It'll give her more power than you in your marriage. And she needs a man who can equal her power. To be that man, pivot on you.



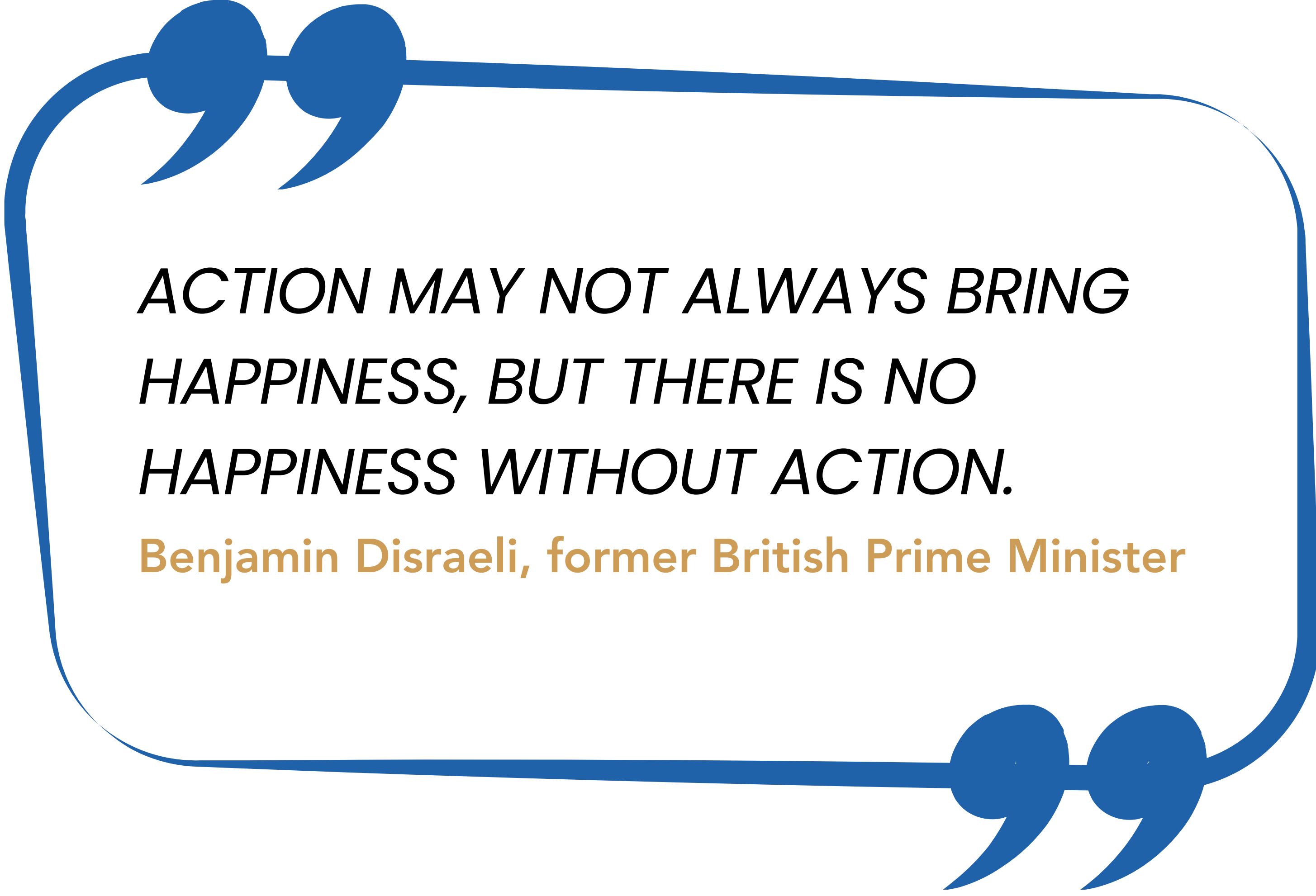
- Get clear on your authentic wants and needs.
- Know your non-negotiable truths.
- Self-advocate for your must-have's in your relationship.
- Become the man you want to be vs who you think she wants you to be.
- Be clear and direct with your feelings.
- Be responsible for getting your needs met.
- Get clear on your boundaries, what you stand for, and what you will and won't tolerate with her.

This is what I teach men just like you every day.

Men who are ready to move into action.

Men who know that information will only take them so far.

Men who know that it's action where change happens.



***ACTION MAY NOT ALWAYS BRING
HAPPINESS, BUT THERE IS NO
HAPPINESS WITHOUT ACTION.***

Benjamin Disraeli, former British Prime Minister

Are you ready to move into action?

If not, ask yourself, what's stopping you?

Check out my offerings below.

- **Men's Relationship Tools** - A weekly roundtable of guys just like you struggling in their relationship, learning to master the steps in this guide. We meet weekly on Tuesdays at 12pm ET. Come and join as often as you like or listen to recordings when you can't make it. A mere \$47/month.
- **Confident Man's Path To Relationship** - A 6 week relationship boot camp limited to 8 committed men seeking to master confidence and composure during conflict with their partner. \$395
- **1:1 Coaching** - For the guy who's ready to make a bigger investment of time, energy, and resources to create a kick-ass marriage or relationship.



Remember brother, she needs your tenderness AND your strength. Step into action today.

Stay Strong & Relational,



Stuart Motola
Men's Relationship Coach
www.stuartmotola.com

P.S. If you're considering leaving your marriage or are in that save or leave breakpoint moment in your relationship, check out my book ["Fixing You Is Killing Me"](#) that speaks to how to handle this critical time with clarity and confidence.

P.S.S. Want more relationship tips just for men? Done. Just by signing up for this guide, you'll automatically get my weekly relationship tips delivered to your inbox every Sunday. Tips such as How To Be Strong With A Verbally Abusive Woman, Transforming Your Sexless Marriage, Use Anger For Assertion & Not Aggression. Of course, you're free to opt out at any time.