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# Men Are From Mars, Women Are From Venus Summary PDF Cheatsheet — [GrowthSummary.com](https://GrowthSummary.com)

## **? 1. Give Women Understanding: Listen to understand her upset feelings, without trying to solve or explain them away**

Women get fulfillment and relief from simply sharing and relating with others. To feel loved, they need their partner to simply listen with the aim of understanding her, without offering advice or solutions. Or worse, logically explaining why she shouldn't feel that way.

## **? 2. Give Men Trust: Refrain from giving him unsolicited advice, direction, or criticism trying to improve him**

Men feel good doing things and solving problems on their own, because that reflects their personal competence. To feel loved, they need their partner to trust them in solving problems alone without offering too much empathy, advice or direction.

## **? 3. Give Women Support: Doing more small things for her each week keeps the relationship equal**

In relationships, women often become exhausted from so much giving. To keep the relationship equal, men can learn she values a small contribution as much as a big one. He can expect her to regularly "hit bottom" emotionally, and offer more understanding during this time. Women can ask more often, not assuming he knows what support she needs.

## **? 4. Give Men Space: Men pull away to solve a problem on their own or balance intimacy with independence**

Men pull away from their intimate relationship, so they can temporarily feel independent or work out a problem on their own. After some time, like a rubber band, they will come back on their own. Women can give him the right to space, mentally and physically, and avoid chasing him into his cave.

## **? 5. Beware Your Tone: Arguments happen more because of how we speak, than what we say**

Arguments happen more because of our voice tone, than what we say. We can discuss differences of opinion in a caring and respectful way. Men can avoid a sharp and mean tone. Women can avoid a disapproving or demanding tone.

## **? 6. Write Love Letters: Communicating difficult feelings is easier through a letter**

When we feel strong emotions of hurt, fear or anger, then it's very difficult to communicate lovingly. That is why John Gray recommends writing a 'love letter' to explain how you feel anger, sadness, fear, regret, and finally love. Then write a letter about how you want them to respond, and share both letters with your partner.

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