

Angie's Marriage Column ~ July 22, 2009

Husband Controls Me by Telling Me How to Dress

Ask Angie: My husband is very controlling. I really do love him, but following his rules is difficult. I'm not allowed to wear bras, deodorant, make up, shirts with sleeves, pants, shoes that hide my feet, panties, nail polish, I could go on and on. I can't even shave! He says this is what he thinks beautiful is. But then when we go out he looks at other women! And they shave and wear bras and everything else! I submit because I think it will please him, were not hillbillies, I'm confused. If I don't follow the rules he gets upset and yells at me. He cries and doesn't get over it until the situation is fixed, the way he wants. So if I don't give in there is no happiness. I don't know what else to say.

Marriage Guidance: Please print out this marriage column and read it with your husband. Read all of the articles within this marriage column to give you the understanding you need. Bring your marriage back into the boundaries of the Lord and work together on self-healing and restoration of the marriage. Many times before a marriage can be restored one or both couples need [inner healing](#).

A husband isn't supposed to love his wife with demands and abusive words and then expect her to be happy. You said in your letter "If I don't give in there is no happiness". I think what you meant to say is "My husband is not happy unless I give in to his rules and demands?" Because obviously you aren't happy or you would never have written this letter to me.

The point is someone in the marriage is feeling resentment over something they don't want to do and I think we know who that is. How are you going to resolve the bitterness within you? You have to learn to [be assertive with your husband](#) and talk to him about the rules that simply do not apply to scripture. It's perfectly fine to want to please your husband but if it gives you displeasure and resentment in the process it is not right. How about talking with your husband and finding a compromise on some of these rules of his? Will that work?

You have a typical “people pleaser” personality, which I used to have years ago. Don’t get me wrong, it’s ok to want to please your husband but what about you? Does pleasing your husband please you? In what ways can you please your husband and you at the same time? On the outside it looks fine and great when we please others, but in reality we’re hurting inside over pleasing others, which involves doing something that we don’t feel right about. And that is not right either. It’s time to do something about it and get over the resentment. Do you think your husband wants you to feel resentment over him?

Communication and self-expression are very much needed here so we can talk about how we feel and what we would like for our marriage. Otherwise, how will our spouse know what we need and want? Let’s look at this issue in another perspective. Do you think that “what you wear” and “how you dress” should be the center of your husband’s happiness? That is absurd to think as long as you adhere to these rules than he is happy. Your husband is not happy and that is the whole problem here. Neither one of you is really happy with how the marriage is going. Where are the love, joy, peace, patience, consideration, kindness, and gentleness? **Galatians 5:22-23**). What can you both do together as a team that will bring happiness into the marriage? Teamwork is the key.

How Is A Christian Man To Love His Wife?

What’s missing in your marriage? The missing ingredient is not that you shouldn’t wear shoes, deodorant, pants and shirts with sleeves it is Jesus Christ himself. How is a Christian man to love his wife? The bible clearly tells us how a Christian man is to love his wife.

Husbands love your wives, just as Christ loved the church and gave himself up for her. (Ephesians 5:25)

So is your husband loving you in the ways of Christ? I’m sure your husband must know that you are unhappy and hurting inside over pleasing him with these rules? If your husband wants to love you in the ways of Christ, he would not want to see his wife unhappy and hurting inside over some personal preference type demands that aren’t even biblical. **I suggest highly that you talk with your husband because it could be that in his own way he is trying to protect you from outside influences and advances.**

You say that you are confused and I think it is because you aren't speaking up about how you feel. You aren't asking your husband how he feels either. What is he trying to accomplish by not allowing his wife to shave or wear bras and shoes? I mean what is the objective—the reason behind it?

If a Christian husband is not loving his wife in the ways of the Lord than maybe he needs to review his own faith and see what demons from his past need healing. A Christian man, who demands that his wife be a certain way for his happiness and then expects submission from her, clearly needs inner healing. Something is missing here. Scripture tells us that real **love is sincere.** (Romans 12:9)

Is a man's love sincere and true when he knows that he is hurting his wife emotionally? Making someone do something they don't feel right about, and which doesn't come from scripture, is quite selfish.

Do to others as you would have them do to you. (Luke 6:31)

He thinks it is beautiful. Well let me ask you this. If you told your husband to never shave and to let his beard grow to the floor because you think it is beautiful, would he do it for you? If you told him not to wear deodorant or underwear because you think it is beautiful, would he oblige? Now this next question is the *point I'm trying to get across.*

If you KNEW that your husband was embarrassed and felt not quite right about not wearing underwear, deodorant, and allowing his beard to grow untidy and messy, would you still demand that he do it for you? **Put yourself in your spouse's shoes** and wear them around for a while and you may come to realize that they don't feel quite right.

A man's position as the **head of his wife** is for teaching, encouraging, **protecting**, and loving his wife in the ways of the Lord. If that is not what a man is doing than **how does submission apply?**

A Christian woman's first responsibility and duty is to God and she is instructed to submit to His will for her life. Her next responsibility is to her husband. Therefore when situations such as these come up in the marriage, she needs to pray about it and ask God to give her the guidance she needs to communicate her needs and wants to her husband in **a loving, respectful way**. You need to lovingly assert yourself with your husband and let him

know “how you feel” and “why you feel” the way you do. How can you guys give in and still compromise for each other. Perhaps if you knew the full reason behind the rules you would be able to understand your husband’s point of view better.

The bottom line is if we don’t [talk to our spouse](#) about issues in our marriage then we may never understand the issues either. We may never understand a person’s perception of an issue. Sometimes just understanding a person’s motivation allows us to be more understanding and compliant to their needs and wants. We should always strive to communicate our feelings about issues *when they happen* rather than put them on the back burner where more resentment holds up within our spirit.

If husband or wife are still confused about how to lead their position in marriage according to God, then Heaven Ministries offers free marriage support on this issue and many others that affect couples in marriage on our website.

[Free Marriage Help For Husband’s](#)
[Free Marriage Help For Wives](#)

Your beauty should not come from outward adornment, such as braided hair and wearing of gold jewelry and fine clothes. Instead, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in the sight of God.
(1 Peter 3:3-4)

Take care and God Bless!
Angie and Frank
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