

3 Guides in One Book

Shaunti and Jeff Feldhahn

For Women Only

For Men Only and

For Couples Only

Participant's Guide

3-in-1 Relationship Study Resource

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FOR WOMEN ONLY, FOR MEN ONLY, AND FOR COUPLES ONLY PARTICIPANT'S GUIDE
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About the 3-in-1 Relationship Study Resource

Have you ever looked at the person you know and love best in the world, heard something shocking about how that person thinks, and wondered, *Wait—how have I not heard this before?*

A decade ago, we stumbled upon some key things that we didn't know about each other. After investigating them, publishing them in our books *For Women Only* and *For Men Only*, and seeing how life changing they are, we think it is important for everyone else to know them too. As men and women, we each have certain specific things that we need and a few hidden things that hurt us. But because men and women are wired so differently, we often have no idea what those things are for the person we love. Because the other person is just different, we are often trying hard in the wrong areas; therefore, the other person may not feel cared for the way we expect. Worse, we can sometimes hurt the other person without ever meaning to.

But once our eyes are opened to what matters to the opposite sex, we can try hard in the *right* areas. We can show we care, we can avoid these unrecognized hurts, and suddenly we may see the other person *feeling* very cared for in the way we wanted all along.

Which Study Should You Do?

This book contains three different guides packaged together.

- Guide 1: The “For Women Only Discussion Guide” is designed to be used by women who are using the *For*

Women Only book, the video study, or both the book and the video. Women's groups, Bible studies, and book clubs—any just-us-girls environment—will learn to understand men—husbands, boyfriends, coworkers, sons, or any other men in their lives.

- Guide 2: The “For Men Only Discussion Guide” is designed to be used by men who are using the *For Men Only* book, the video study, or both. Similarly, men will find this guide helpful regardless of whether they are married, dating, or just wanting to understand the alien gender.
- Guide 3: The “For Couples Only Discussion Guide” is a little different. Unlike the other two studies, “For Couples Only” is designed to be done by married, engaged, or dating couples. The key is that in this study men and women will be together the whole time. This study brings together much of the content from the other two studies—not only to unveil what you need to know about your other half, but to help him or her realize what you don't already know (which can be just as important). And it is designed to give the two of you a common language to talk about some key things going forward. Like the others, this particular guide can be used with the books (both *For Women Only* and *For Men Only*), the *For Couples Only* video study, or both.

Whichever study (or studies) you choose to complete, we hope you will have many “Aha!” moments along the way—simple surprises that have big impacts—together with more delight in your relationship and (if you are married) more harmony in your home.

Enjoy the journey!

Jeff and Shaunti Feldhahn

P.S. Please note that these guides are designed to accompany the revised and updated (2013) versions of *For Men Only* and *For Women Only*. (If you have the older versions of the books, be aware that the page numbers will be different and they each have one less chapter.)

Guide 1

For Women Only

Discussion Guide

Shaunti Feldhahn with Lisa A. Rice

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How to Use “For Women Only Discussion Guide”

Since the original version of *For Women Only* came out nearly a decade ago, I have been so grateful to hear from women all over the country who tell me, “My eyes have been opened—and I can’t believe I didn’t know some of these things before!” That excitement is inevitably followed by, “So, um, how do I apply this to *my* life?” This discussion guide will help you do just that; it has been revised and updated to match the 2013 updated edition of *For Women Only*. (Note: throughout this guide I often use the abbreviation *FWO* for *For Women Only*.)

How to Use This Guide

This guide is designed to be very flexible so it can be used in a women’s discussion group or as a helpful road map for a good one-on-one dialogue with the man in your life. It can be used with either the *For Women Only* video study, the *FWO* book alone, or both together. The discussion elements (questions, “Life Story” case studies, and so on) are designed to be mixed and matched; pick and choose what works best for your group. You can find some helpful suggestions from two different types of groups on the Studies portion of our website, www.shaunti.com.

We have found that “Aha!” moments are invaluable for all female audiences, whether married, dating, or single. I’m primarily focusing on helping apply these truths to romantic relationships, but many of these “Aha!” moments can be useful in other relationships, such as with a son or a male colleague. You’ll find that I use the words *guy*, *man*, and *husband* somewhat interchangeably. (The only exception is that I use *husband* when discussing sex, since I agree with the biblical principle of reserving physical intimacy for marriage.)

You’ll notice at the end of each group discussion a section titled “Bringing It Home.” The section has questions you and your man can discuss together privately.

Are You Using Just the Book? Video Study? Both?

You can use this guide with either the book or the video study. Or, even better, you can use both together. Here are a few guidelines.

If You Are Using Just the Book

This is probably the simplest way to use this guide, since it is laid out in the same order as the book itself. Thus, chapter 2 in this guide corresponds to chapter 2 in the book.

If You Are Going Through the Video Study

The *For Women Only* video study is organized in six, roughly fifteen-minute video sessions that cover all the topics of the book. Each video includes two to three minutes of interviews with guys explaining how they think. If you are pressed for time, simply skip those interviews. Fitting the topics into six sessions required a bit of combining and reordering, so you will follow this order:

Video	Book and Guide
Session 1: Insecurity	Chapter 3
Session 2: Respect	Chapter 2
Session 3: Processing / Providing	Chapter 4 / Chapter 5
Session 4: Sex	Chapter 6
Session 5: Visual (includes brief note about Appearance)	Chapter 7 (and Chapter 9)
Session 6: Romance / Words for Your Heart	Chapter 8 / Chapter 10

Don't worry, we also tell you at the beginning of each discussion which book chapter or video session to watch for that lesson.

If You Are Using Both the Book and the Videos

You can use the book as the primary resource, with the video as a supplement, or vice versa; you'll just need to decide which order you will follow.

The For Women Only Covenant

No matter what process you use, at the end of the study, please cut out the For Women Only Covenant on page [X], affirm the covenant together as a group (or on your own as an individual), and post it where it will serve as a reminder in the weeks to come.

A Note about the Emotional Process, Not Just the Physical One

As you read and discuss all these truths about men, please remember that *For Women Only* is not an equal treatment of male-female differences, nor does this guide delve into what guys need to understand about us. For

right now, this is solely about helping us understand the inner lives of men and how we relate to them. Ultimately, it is not supposed to help us change our guy—these revelations are supposed to change and improve us!

Many have found that the data in *For Women Only* sometimes goes against decades of assumptions about men, and you will likely feel the gamut of emotions as various facts and truths hit you. Please be careful about unloading these emotions on your man. When you do discuss these things with him, remember that it is all too easy for a man to feel insecure and attacked. He will respond much better if he feels that you are respecting him—which, as we learn in the first discussion, is his highest need anyway.



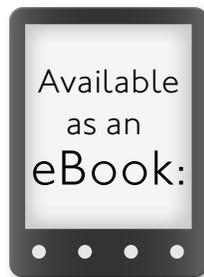
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