

# Husband Mastermind Group

## Officer School

So you've been exposed to the differences between masculine and feminine energies, and you're hopefully beginning to see this at work in your relationship.

But what do you do with this?

The world we live in operates best within a structural framework, and this is true in married life and family. It's a no brainer that there's a structure between parents and children, and when children become "parentified" (assume the role and responsibility of a parent) the entire system and those within it are harmed.

This same rule applies between husbands and wives.

Biologically speaking, women respond sexually to powerful, dominant men. To put this in softer terms, women want a man to step up and take the lead. The feminine is a security seeking creature, so when a man steps up and "takes the lead" she can relax and open up.

Look at the actual act of sex itself, the man has to "stand up" in order to "penetrate" the woman. And she has to "open herself up" to him in order to be "penetrated."

Married life is improved when there's domination and submission. Especially sex.

The popular belief when it comes to marriage is the importance of equality between the spouses. The sentiment of this idea is good, since on the whole neither the husband or the wife are in charge of the other. But, life and relationships are not equal. Men and women are not equal - but they each are vitally important for life to the fullest!

Here's how the strive for equality game often plays out in relationship.

"What do you want to do?" "I don't know, anything is fine. What do you want to do?" Repeat this conversational cycle for about ten years and you get the idea. The passion in many marriages grind to a halt because of the mutual submission deadlock.

Ultimately, someone needs to take charge in every situation, and often this leadership is handed back and forth within the relationship. But when you can see this playing field and how it unfolds in (and towards) the bedroom, you'll be well on your way to greater things.

Due to the energies and polarities of masculinity and femininity, many times one is acting out in hopes of a response from the other. Look at it this way, biologically speaking, a woman may be a drama queen or bitchy towards her husband in hopes that the king will finally show up and tell her to knock it off.

I was the classic Nice Guy for the first 7 years of my marriage. I would try to fly below the radar, defer to Pam for her direction or desire, and do everything I could to help her "maintain to possibility of availability." My overtures for sex were very subtle, and often would wind up in the state of hovering. I'd hang around her and look for signs or clues she may be interested in some action between the sheets.

Many years ago I decided to begin speaking up more. In essence, I decided to break free of our mutual submission deadlocks and start saying what I want. Pam loved it. Which was confusing to me (the then recovering but not yet fully understanding the journey from the Nice Guy world). I believed that if I spoke up more, overtly (even aggressively) pursued her sexually, and in general took charge she'd get angry, annoyed or wind up feeling oppressed. What I discovered was she became more alive and sexually awake herself.

Since then I've come across a great model that describes a good marriage, the captain and the first officer model (I discovered this idea from Athol Kay of [marriedmansexlife.com](http://marriedmansexlife.com)).

In Wikipedia, the definition of the "First Officer" is:

"In commercial aviation, the first officer is the second pilot (sometimes referred to as the "co-pilot") of an aircraft. The first officer is second-in-command of the aircraft, to the captain who is the legal commander. In the event of incapacitation of the captain, the first officer will assume command of the aircraft. Control of the aircraft is normally shared equally between the first officer and the captain, with one pilot normally designated the "Pilot Flying" (PF) and the other the "Pilot Not Flying" (PNF), or "Pilot Monitoring" (PM), for each flight. Even when the first officer is the flying pilot, however, the captain remains ultimately responsible for

the aircraft, its passengers, and the crew. In typical day-to-day operations, the essential job tasks remain fairly equal."

This dynamic also plays out in Star Trek. The First Officer is always competent and skilled, and if anything happens to the Captain, they step into the role of being in command immediately. And the Captains always listen, because sometimes the First Officer has a better idea than their own.

The First Officer can sometimes overrule the Captain in a crisis and give the crew an order, wherein the Captain usually just trusts the First Officer isn't doing this to make trouble and runs with it. But at the end of the day... the Captain is the Captain - leadership comes from them, and final responsibility for the ship lies with them.

Most wives want the job of First Officer. They want to have a say and be heard, they want to be trusted, they don't want to be micro managed on decisions they are capable of making themselves, they can happily step it up into "having the bridge" when their husbands aren't available. But they would rather be the second in command and follow someone else's leadership and general direction.

The challenge for the husband is to assume the role of and learn to be a good Captain. Many husbands seem to go into marriage and attempt to simply be a member of the crew. The problem with this is then the wife will likely try and assume a First Officer role and that makes her the de facto Captain if the husband doesn't take that position.

That may tick her off. He may even do everything she says wants and asks him to do, and by submitting to her perfectly, that actually angers and disappoints her more and more (the pitfalls of the Nice Guy).

Most men find this extremely confusing. I'm doing what she says, I'm helping out around the house, I'm providing for our family, but she's never happy or aroused.

It's because she's assumed the Captain's chair when she doesn't want it.

So husbands, try assuming your role of Captain. You've likely got a great First Officer in waiting that will gladly give you "control of the bridge" - and many other things as well.