

Men
ARE LIKE WAFFLES
Women
ARE LIKE SPAGHETTI



Bill & Pam Farrel



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AN AMAZING JOURNEY



M*en Are Like Waffles—Women Are Like Spaghetti* has taken us on quite a journey. We have met people from every state in the USA who have shared the unique foods, fads, and fashions that make their part of the country a world of its own. We have interacted with good-hearted enthusiasts in Asia, Europe, the Philippines, Australia, the Pacific Rim, and South America who have shown us a side of God’s love that has deeply enriched our lives. We have encountered leaders in churches, the military, government agencies, and various industries who have profoundly impacted their worlds and encouraged us to keep sharing the message of God’s design. All these experiences with people from diverse cultures and backgrounds has raised our confidence that relationships work better when we cooperate with the way God has created us. We are privileged to share this message with you and humbled by the number of men and women who have thanked us for the value it has brought to their lives.

This journey is about identifying the complex blend of factors that work together to make up who we are. Your identity starts with your own personal mix of DNA, which was determined at your creation (such things as the ability to learn, height, eye color, and “beauty” are genetically determined and impact your self-perception). It is extended by your personality, which influences your preferences, the way you

are motivated, and the social circles you like to hang out with. It is further shaped by your family with all its pluses and minuses and by your education, culture, the influence of society at a particular time of history, certain geographic conditions, and the influence of media, technology, and the law.

The ability to have successful relationships is, therefore, determined by how well we respect the traits we were born with and integrate the positive influences of the world around us. When we wrote *Men Are Like Waffles—Women Are Like Spaghetti* and all its accompanying products (devotional study guide, singles version, DVD for small groups, and teen version—*Guys Are Waffles—Girls Are Spaghetti* with Chad Eastham—we came across article after article in journals filled with research that enumerated the impact of our DNA. Thousands of pages described the variety of ways testosterone, estrogen, and a host of other hormones influence us as males and females. The conclusion is inescapable—men and women are physically different, which naturally leads us to approach vital areas of life with different strategies. We are all immensely valuable and share a common human experience, but in many areas of life, we take different paths.

It is obvious to us, based on the research and our travels around the world interacting with people from various cultures (our work has been translated into more than a dozen languages), that there is an intelligent design to the human race and the differences are there for a reason. Men and women are not some cosmic mistake. The genetic differences are purposeful, useful, and strategically beneficial for the human race as a whole. We believe God created us as male and female so we would better reflect the awesome image of God. We also believe relationships are an integral part of God's nature so that every person has a strong desire to be in a supportive, intimate relationship. As a result, we have a much better opportunity to reach our God-given potential when we discover and accept the differences built into the human design.

It is our hope that you learn to laugh at yourself and gain a new appreciation for the benefits our differences bring to life. Our goal is

for you to stop asking, “Why is he (or she) so weird?” and start asking, “How can I delight in our differences?” We also hope you find a new measure of awe as you explore how “fearfully and wonderfully made” we are (Psalms 139:14). And, with that awe, we pray will come a measure of understanding and empathy that will make you a little more compassionate toward the ones you love.

We are all on a journey of self-discovery. You are probably reading this book because you are looking to make your relationships work just a little better. You love your spouse and your kids but you thought it would be easier to communicate and cooperate with each other. You were hoping your love would be strong enough to minimize any deficiencies or dysfunctions you encountered. You were hoping there would be enough “magic” in your romance to overcome your frustrations. Like us, you have come to realize your love is just the starting point.

As we have interacted with hundreds of thousands of people over the years, we have discovered it is possible to lighten the mood, lighten your expectations, and lighten the burden of family living. It doesn't happen automatically, however. Successful couples develop simple skills that energize their love, cultivate a quality sense of humor that makes room for imperfections, and intentionally merge their goals with mutual respect for one another's strengths. *Men Are Like Waffles—Women Are Like Spaghetti* is our contribution to developing the skills, sense of humor, and respect that have been proven to build life-long relationships.

Enjoy your journey in this world of males and females. Stay fascinated with the ways you approach life differently than others you hold closely in your heart. May your love for one another be filled with wisdom as to why men and women act the way they do. May that wisdom encourage, equip, enrich, and inspire your life. And, may all your relationships become all your Creator intended them to be.

—Bill and Pam Farrel

1

WHAT'S THE DIFFERENCE?



We Need to See “I” to “I”

“The only difference between men and women is everything, and that’s what keeps things so interesting.”

APRIL WHITE, WAGING WAR

Accept one another, just as Christ accepted us to the glory of God.

ROMANS 15:7 NASB

At the very beginning of history, God said, “Let us make mankind in our image, in our likeness... So God created mankind in his own image, in the image of God he created them; male and female he created them” (Genesis 1:26-27). It was God’s plan to make male and female different from each other from the moment he imagined us. The original plan was to use these differences as a starting point for building intimate, fulfilling relationships. Unfortunately, what started out as an advantage has turned out to be a universal source of frustration. Because we are all experientially familiar with the turmoil of relationships, we easily laugh at stories such as these:

Mel’s son rushed in the door. “Dad! Dad!” he announced.
“I got a part in the school play!”

“That’s terrific,” Mel said proudly. “What part is it?”

“I play the part of the dad.”

Mel thought this over. “Go back tomorrow,” he instructed,
“and tell them you want a speaking role.”¹

A little girl and a little boy were at daycare one day. The girl approached the boy and said, “Hey, Tommy, want to play house?”

He said, “Sure! What do you want me to do?”

The girl replied, “I want you to communicate your feelings.”

“Communicate my feelings?” said a bewildered Tommy.

“Perfect,” the little girl said, “you can be the husband.”

Despite the frustration, the vast majority of us have an undeniable desire to have great relationships with the opposite sex. We want both male and female friends, we want successful business relationships with men and women, and we want marriages that are happy and harmonious. That is why so many of our decisions are affected by how the opposite sex will respond.

A group of dads and moms gathered together outside the high school gym to make preparations for “Grad Nite.” They were all excited about the graduation of their sons and daughters, so they worked hard on this year’s theme: “An Evening in Paradise.” The grounds and the gym had been decorated to look like a tropical island. The men decided Tiki torches on the front of the building would be an awesome idea. The torches were mounted so they were at least 4 feet away from any structure. To the men, all was right in the world since they had figured out how to make fire a part of Grad Nite.

Then the women came by to survey the situation. The ceiling of the food court was made from a blue plastic tarp. Some of the torches were directly in front of the tarp even though they were 4 feet above it. The close proximity made the women nervous, so they began to lobby for those torches to remain unlit.

The men responded immediately, “You’re being overly cautious. The students will love the fiery entrance.” They

then mumbled to each other, “That’s ridiculous! Humph. Haven’t they ever seen Tiki torches in Hawaii?”

The women responded with an equally passionate chorus. “You guys are being reckless. Safety needs to come first. What if the tarp catches fire? How will you feel then?”

After a thirty-minute discussion, the decision was made to light the torches in the afternoon when no students were around to see if indeed it was safe. The torches were left on for an hour and a half. During that time, the women walked around eyeing the situation looking for potential disaster. The men walked by, took a quick look, noticed there was no tarp on fire, and walked triumphantly on to the next task. At the end of the two hours, the women had to humbly admit the men were right.

One man could be heard saying to his friends as they walked away, “It sure takes a lot to keep the fires burning!”

It is possible to make too much out of the differences between men and women, but it is also possible to make the opposite mistake. If you want to have relationships that add to your life rather than make you exhausted, it seems to us that the place to start is with an understanding of the uniqueness each gender brings to relationships.

Dive into the Differences

So, how are we to understand the differences between men and women? A cursory look at a group of men and women will lead even the most casual observer to the conclusion that men and women look different physically. The question we find most couples asking, however, is, “What are we supposed to do with the differences? How do we work with them so they add strength to our relationships rather than irritate us?”

The best way we know of to describe the distinct way men and women process information that floods into our lives is this: Men are like waffles, women are like spaghetti. At first this may seem silly, even

juvenile, but stay with us. This simple picture captures the basics of how men and women interact with life. It's especially easy because it involves food, which most of us enjoy.

Men Are like Waffles

We do not mean that men “waffle” on decisions and are generally unstable. What we mean is that *men process life in boxes*. If you look at the top of a waffle, you see a collection of boxes separated by walls. The boxes are all separate from each other and make convenient holding places. That is typically how men process life. His thinking is divided up into boxes that have room for one issue and one issue only. The first issue of life goes in the first box, the second goes in the second box, and so on. The typical man lives in one box at a time and one box only. As a result, when a man is at work, he is at work. When he is in the garage tinkering around, he is in the garage tinkering. When he is watching TV, he is simply watching TV. That is why he looks as though he is in a trance and can ignore everything else going on around him. Social scientists call this “compartmentalizing”—that is, separating life and responsibilities into different compartments.

As men mature, they improve in their ability to jump from one box to another. They can move from compartment to compartment faster than they used to, which creates a pretty good imitation of multitasking. In reality, they're just jumping in and out of boxes at a quicker pace.

Being box-oriented, men are problem solvers by nature. They enter a box, size up the problem, formulate a solution, implement it, and then move on. In their careers, they consider what it will take to be successful and focus on it. In communication, they look for the bottom line and get there as quickly as possible. In decision-making, they look for an approach they can buy in to that usually works and apply it as often as possible. If a man gets to a box, sees what the problem is, doesn't have a solution for it, he simply moves on. He doesn't think of a reason to spend time on a problem he reasonably believes he can't solve.

A man will strategically organize his life in boxes and then spend

most of his time in the boxes *he can succeed in*. This is such a strong motivation for him, that he will seek out the boxes that work and ignore the boxes that confuse him or make him feel like a failure. For instance, a man whose career holds the possibility of success will spend more and more time at work at the expense of other priorities. On the other hand, a man who falls short at work or feels he seldom meets expectations may find out he is pretty good at being lazy. He will then develop a commitment to being lazy because he knows he can do that today with the same proficiency as yesterday.

Men also take a “success approach” to communication. If they believe they can successfully talk with their wives and reach desirable outcomes, they will be highly motivated to converse. If, on the other hand, conversations seem pointless or understanding seems impossible, they lose motivation to talk and clam up. That is why men come up with profound things to say: “Is there any point to this conversation?” “Is this conversation leading anywhere?” “Can you just get to the point?” These are statements made in frustration because the husband doesn’t know how to make conversation with his wife work well in his mind.

The success drive is why men find it so easy to develop hobbies that consume their time. If a man finds something he’s good at, it makes him feel good about himself and about his life. Because men tend to be good with mechanical and spatial activities, they get emotionally attached to building, fixing, and chasing things. Yard projects become expressions of his personality. The car becomes his signature. Fishing becomes an all-consuming pursuit of the right equipment, the best fishing spot, and the right friends. The computer stops being a tool of work and transforms into an educational, entertaining, even intimate friend. It makes predictable moves and gives predictable feedback. Because a man knows what he will get back from his computer, he spends more and more time with the keyboard and less and less face-to-face time with his wife.

The bottom line with men is they feel best about themselves when they’re solving problems. Therefore, they spend most of their time

doing what they are best at while attempting to ignore areas in which they feel deficient.

Women Are like Spaghetti

Women process information more like a plate of pasta. If you look at a serving of spaghetti, you'll notice there are lots of individual noodles that all touch each other. If you attempt to follow one noodle around the plate, you'll intersect a lot of other noodles, and you might even switch to another noodle seamlessly. That is how women handle life. Every thought and issue is connected to every other thought and issue in some way. Life is much more connected, much more of a process for women than for men.

This is why women are typically good at multitasking. A woman can discuss important plans on the phone, prepare a meal, make a shopping list, work on tomorrow's business meeting agenda, and use hand signals to communicate to her children without forgetting what she's doing. She can put clothes in the washer, transfer a load to the dryer, and help a child with homework without skipping a beat. Because her thoughts, emotions, and convictions are connected, she can process more information and keep track of more activities than a man usually can.

As a result, most women pursue connecting life together. They solve problems—but from a much different perspective than men. For women to quickly solve a problem when the issues involved in the discussion are disconnected from each other is an act of denial. And so women consistently sense the need to talk things through. In conversation, she can link together the logical, emotional, relational, and spiritual aspects of the issue. The links come to her naturally, so the connections and conversations are effortless. Through conversation, women connect the issues together and the answer to the question at hand bubbles to the surface and is readily accepted.

This difference in style often creates significant stress for couples because while the wife is making all the connections, the husband is

frantically jumping from box to box trying to keep up with the conversation. The man's eyes are rolling back in his head while a tidal wave of information is swallowing him up. When she is done talking, she feels better and he is overwhelmed. The conversation might sound something like this:

Joan gets home and says, "Honey, how was your day? I had a good one. We just committed to a new educational wing at the university, and I've been asked to oversee the budget. I'm so excited that they didn't rule me out because I am a woman. You know, women have been fighting for a place in society for decades, and it's good to see so much progress being made. I think it's neat that you treat the women who work for you with so much respect. Our daughter is so lucky to have you for a dad.

"Did you remember that Susie has a soccer game tonight? I think it is important we're there because the Johnsons are going to be there. I really want you to meet them. Susie and their daughter, Bethany, are getting to be good friends, and I think we should get to know her parents as well."

As Joan is engaging in this conversation, Dan is frantically jumping from one box to another trying to figure out what the primary point of this conversation is. He has no idea what the budget at the university has to do with their daughter's soccer game and their need to develop a friendship with the Johnsons. He admires his wife's ability to connect seemingly unrelated thoughts, but he doesn't think it's very practical or efficient. He's not sure why she does it.

Out of Words

Women who desire to have good relationships with the men in their lives are faced with the challenge of accepting that some of the boxes on every man's waffle have thoughts rolling around in them that don't turn into sentences. He may be thinking about the past, his work, or pleasant experiences in his life, but the thoughts don't necessarily turn into

words. As a result, sometimes men just make noises. He may grunt or cheer or shout in exultation, but the sounds don't join forces to form sentences. This is why it is common for men to simply nod at each other and say, "Hey," as they pass by each other. For men, this is a significant bonding moment since they make eye contact and acknowledge each other verbally. A man is able to be quite happy in these boxes because the memories he carries in these wordless boxes have significant meaning to him. The problem is that he doesn't communicate his satisfaction to others in a way his wife understands so she may feel left out of the experience.

Many women are shocked by the idea that some boxes in the average man's waffle contain no words and no thoughts at all. These boxes are as blank as a white sheet of paper. They are absolutely *empty*! To help relieve stress in his life, a husband will "park" in these boxes to relax. Amazingly, his wife always seems to notice when he is in park. She observes his blank look and the relaxed posture he's taken on the couch. She assumes this is a good time to talk since he is so relaxed. She sits down and invariably asks, "What are you thinking, sweetheart?"

He immediately panics because he knows if he tells the truth, she'll think he's lying. She can't imagine a moment without words. If he says, "Nothing," she'll think he's hiding something and is afraid to talk about it. She becomes instantly curious and mildly suspicious. Not wanting to disappoint his wife, his eyes dart back and forth, hoping to find some box in close proximity that has words in it. If he finds a box of words quickly, he will engage his wife in conversation and both will feel good about the relationship. If he is slow in finding words, her suspicion fails to be extinguished, and he feels a sense of failure. He desperately wants to explain to his wife that he sometimes just goes blank. Nothing is wrong, nothing is in denial, and nothing is being hidden. This is just the way he's been his whole life. But he knows by experience she just can't imagine it.

These blank waffle boxes have an interesting characteristic that often gets in the way of meaningful conversation. In the middle of

a conversation, a man may move from one box to another—and in-between two boxes of words he may pass through one of those blank boxes. Right in the middle of a conversation, he may go silent. He knows he should have something to say, but he is blank. He knows it is awkward to go blank in the middle of a thought, but no amount of effort brings a thought forward. It is an awkwardness he must live with and hope his wife adapts to and will wait patiently while he moves to the next box.

Different by Design

The differences between men and women aren't limited to conversation, however. All you have to do is look around the room where people have gathered to see that men and women are physically different. As research accumulates, it is becoming increasingly obvious that the physical differences extend below the skin and impact the way we process emotions, make decisions, learn, and process a host of other everyday activities. Some of the differences Pam and I find most interesting are:

- On average, male brains are approximately ten percent larger than female brains.² The female brain, however, has “four times as many brain cells (neurons) connecting the right and left side of their brain.”³
- When a man solves problems, he uses only one side of his brain. A woman uses both sides of her brain when solving a problem. This is related to the fact that men tend to be left-brain dominant due to a testosterone bath that takes place in the womb. Women, on the other hand, can access both sides of the brain simultaneously much easier because of the increased connectivity of their brains.⁴
- When a couple is in conflict, men feel it at a deeper level than their wives. It may not be evident at first because women express their emotions more often and with greater

skill. Men, on the other hand, become emotionally and physiologically flooded leading them to withdraw and “clam up” in an effort to recover.⁵

- When a man gets hungry, he experiences more emotions than his female counterparts. When he eats a meal, the part of his brain that makes him feel happier is then stimulated. When a woman eats the same meal, the part of her brain that sharpens her eyesight is stimulated. She becomes more aware of her environment and has more to talk about.⁶
- “On average, women synthesize the chemical serotonin at a lower level than men. Currently serotonin is a popular drug target because it has been implicated in a number of diseases, including depression.”⁷

We find these differences fascinating. It is sometimes difficult having to adjust to your partner’s ways, but it can also be humorous and enjoyable. We’ve included a list of ways that men and women approach life differently that we find amusing. Read through the list and see how many apply to your relationship.

- Men are more aggressive than women when they drive sports cars and light trucks. Women are more aggressive than men when they drive SUVs and luxury cars.⁸
- Most people believe men are safer drivers than women.⁹
- Women are less likely to be caught and convicted of speeding than men.¹⁰
- When men perform as well as they expected at a particular task, they tend to attribute their success to their own skill or intelligence. If they perform below their expectations, they tend to blame it on bad luck or some factor that is out of their control.¹¹

- When women meet their low expectations, they tend to attribute it to their lack of ability or intelligence. When women exceed their low prediction for achievement, they tend to attribute it to good luck or some other factor beyond their control.¹²
- Women make safer choices than men when it comes to smoking, seat belt use, preventative dental care, and having regular blood pressure checks.¹³
- American men overwhelmingly feel that it's harder to be a guy today than it was 20 years ago, and men are split on their opinion as to whether it's harder to be a woman than it was 20 years ago.¹⁴
- Within relationships, women resolve the day-to-day issues while men settle the life-changing disputes.¹⁵
- Women ask more questions.¹⁶
- More than three-fourths of interruptions in conversations are made by men.¹⁷

How “Waffles and Spaghetti” Started

Pam and I have been helping couples learn about relationships for more than 35 years. In talking with couples, it became quite evident that the nuances of being male and female were an issue in most marriages. Even though husbands and wives loved each other deeply, there was a level of frustration and confusion in their interactions that didn't match the love they had for one another. In short, they were attracted to one another but didn't know what to do with each other.

In response, we started reviewing research to see if we could find a way to help couples appreciate the differences each person brought to the relationship. Our search has been fascinating. We are all part of the human race, but it is equally obvious that God placed different aspects of his image in the two major expressions or genders of the human race.

This makes complete sense to us. We are all made in the image of God, but the image of God is too big to be expressed in any single person. Hence, he made us male and female.

One of the more obvious discoveries from our study, that we've already mentioned, is that men tend to compartmentalize the information and experiences they encounter while women tend to integrate them all together. I could see this trend playing out in the lives of the couples we were working with, but no one seemed to notice or try to use this information. The words they used to describe their love and their family were more basic, more ordinary and casual. They were more likely to ask, "How do we make this work?" instead of "How can I understand my spouse more?"

So I (Bill) started asking God to help me discover some kind of word picture that would help loving couples find insights and strength in accepting and understanding one another. I was serving on the board of our local youth basketball league, and word got out that I was a pastor. One of the dads approached me one day and asked, "Can my wife and I come to see you in your office? I think she is broken."

To say the least, I was intrigued so I agreed to meet with them. For the sake of telling the story, I'm going to call them Montrell and Tabitha and change some of the details.

Montrell and Tabitha

Once they got settled in my office, Montrell said to Tabitha, "Go ahead," which prompted her to start talking. (She was one of the most verbal women I've met.) She was quickly jumping from one subject to another and then to another without interruption.

While she was talking, Montrell looked at me and said, "She does this all the time. I think something is wrong with her."

At that moment, the years of research and experience with couples, along with the prayers to the Holy Spirit, came together in a moment of creative inspiration. I leaned toward Montrell and quietly said, "Think about your wife's conversation like a plate of spaghetti.

Every noodle is touching every other noodle on the plate. She wants to 'touch' every noodle on the plate. If you were presented with a plate of spaghetti, you would want to eat all of it, right? In the same way, she wants to talk through every noodle."

He simply said, "Okay." He gently leaned toward his wife and listened to her, probably for the first time in a long, long time.

Tabitha talked for 55 minutes. She then leaned back in her chair and let out a very satisfied sigh.

Montrell quickly looked at me and asked, "What do I do now?"

"Nothing," I said. "Just thank her for sharing. That's all you need to do."

Tabitha eagerly said, "Wow! I feel better right now than I have for a long time." Indicating that she'd heard my comment to her husband, she asked, "So, if I work through life like it's a plate of spaghetti, what is he like?" She pointed toward her husband.

I feigned calmness and said, "Well, we're out of time for today. We can meet in a couple of weeks, and I'll explain his style to you then."

On the drive home, I prayed, "God, I need a food analogy that describes the way men process information—and I need it in two weeks!"

That same week, my sons were making toaster waffles. As one popped out, I thought, *That might work. Lots of little compartments that form a whole life that people enjoy.*

I explained the "men are like waffles" concept to Tabitha and Montrell.

"It's his turn to lead the conversation today," she said, pointing at Montrell.

I agreed and cautioned, "Tabitha, you have to stay on whatever subject he brings up. He's not going to combine the issues of his life together like you do so well. You have to stay with him on the one topic he wants to talk about. Stay in his *one* box."

I turned to Montrell. "Is there something you would like to talk about?"

Without hesitation, he said, “Yes, there actually is.”

As he shared, I played “relationship police.” Tabitha veered off subject six times during our hour-long meeting. Each time I told her she couldn’t go there right now and had to get back on the subject Montrell had chosen. The issue he wanted to talk about had to do with a specific financial decision they needed to make. He’d tried to talk with her several times, but the subject had gotten lost in what he considered a deluge of conversation.

They solved the issue in my office that day!

I went home and told Pam, “I think I’ve got something we ought to pursue.” After I shared the men are like waffles and women are like spaghetti concepts, Pam’s response was priceless: “It’s a little corny, but I trust you and I trust God, so let’s see what happens.”

Since that time, hundreds of thousands of couples have found peace and progress in their relationships using principles based on this word picture. We’re excited as they find it easier to accept one another as unique reflections of God’s image.

Enjoy the Feast

As you read this book, you’ll discover the most important differences between your spouse and you. You’ll come across funny stories and jokes. We hope you’ll laugh with us because developing a good sense of humor is one of the best ways to break the tension that exists in “the battle of the sexes.” Mostly, we hope you’ll gain insights into your mate and develop skills that will make you glad that men are like waffles and women are like spaghetti.

Here is a little quiz to help you see how well you understand the uniqueness your spouse and you bring to your relationship.



Fun Questions for Married Couples

1. The recreational activity you most often do together is:
 - Bicycling
 - Bowling
 - Hunting for his car keys
2. When your wife says, "Let's not get each other Christmas presents this year," it indicates:
 - Her desire to share with the less fortunate
 - Her thoughtful interest in keeping to the household budget
 - A test to see if you "love her enough" to forget the suggestion and "surprise" her with something you'll be paying off until Columbus Day
3. Before answering the question "How do you like my new hairstyle?" what should a husband always remember?
 - His wife's feelings are the most important thing
 - She may have spent hours in a salon to get it to look that way
 - The couch is lumpy, and when you sleep on it a spring pokes you in the back
4. The phrase "not in your lifetime" refers to:
 - Him cleaning the bathroom
 - Her cleaning out the gutters
 - Either of you cleaning the stuff growing under the vegetable crisper in the refrigerator

5. When you think about the love letters you wrote when you were courting, you're reminded:
- Of a passion that burned like ancient Rome
 - Of a love that will last for eternity
 - That writing corny love letters is not a crime
6. Often men and women will show subtle signs of stress and strain in different ways. For each way listed, choose the most appropriate gender.
- a. Punch inanimate object, such as door or steering wheel
 - Male Female Either
 - b. Make sniffing noises and sigh heavily
 - Male Female Either
 - c. Blame clubs, bats, bowling balls, etc., for poor athletic performance
 - Male Female Either
 - d. Clamp hands over face and weep. When questioned, say, "Oh, nothing"
 - Male Female Either
7. When the waiter asks what you'd like for dessert, a wife's most common response is:
- "Chocolate mousse, please"
 - "I'll try the cheesecake"
 - "Oh, nothing for me. I'll just have a teensy bite of his"
8. Your husband tries on his high-school jacket and finds he can no longer close it. A wife's best response is:
- "Maybe it shrunk"
 - "I like you a little less skinny"
 - "That jacket would look dumb on a bald guy anyway"

9. Who wants which addition to the house?
- a. A cozy breakfast nook.
 Wife Husband
- b. A red-velour wallpapered den with big leather couches, a pinball machine, a pool table, a moose head, a telephone that looks like a football helmet, a huge-screen television set, a stereo and player with DVDs of every college basketball game ever played, a train set, and (well you get the idea)..
 Wife Husband
10. When riding with your husband on long car trips, you use the hours of quiet time to:
- Discuss meaningful topics
 Point out the beauty of the scenery
 Excitedly warn him of impending highway danger that you can barely see as a tiny speck on the horizon
11. A husband runs to the store for a quart of milk. He's most likely to return with:
- A quart of milk
 Two steaks, a big fish, a bottle of ketchup, two bottles of pop, a box of donuts, a TV dinner, some cheese, the latest issue of *TV Guide*, and a can of 40-weight motor oil
 A dazed expression and the question, "What was I supposed to get?"
12. To prove your love for your wife, you would gladly:
- Climb the highest mountain
 Swim the deepest ocean
 Hold her purse while she tries things on at the mall and run the risk that, at any moment, one of the guys might walk by



WHAT WE HAVE HEARD FROM REAL COUPLES

Man to Bill: I don't read books about relationships.

Bill: Why not?

Man: I don't have to. My wife reads them out loud to me.