

## What I Am Worth

Adapted from original "What My Wife is Worth" by Forest Benedict

*I am a woman of infinite worth. Because of this, I deserve my husband's best efforts.*

*I deserve a husband who only has eyes for me.*

*I deserve a husband in active recovery, not passively going with the flow.*

*I deserve a husband who reminds me that I am not to blame for his past or present choices.*

*I deserve a husband who actively opposes visual and mental lust in all forms; viewing it as the enemy of true intimacy.*

*I deserve a husband who is trustworthy, both when I am looking and when I'm unaware.*

*I deserve a husband who seeks help when needed, remaining accountable to those who call out his greatness and strength.*

*I deserve a husband with the courage to face his deepest fears, inadequacies, and wounds for the sake of his healing.*

*I deserve a husband who learns from his mistakes, creating and communicating new plans for change.*

*I deserve a husband who is learning how to connect and does the hard work in spite of insecurities and inadequacies in this area.*

*I deserve a husband who tells the truth about his behavior and is honest when his heart wants to wander.*

*I deserve a husband who does whatever it takes to change whatever wounds me.*

*I deserve a husband who takes responsibility for his life, rather than being a victim of circumstances, feelings, or personal history.*

*I deserve a husband who progresses in personal growth; who is becoming the man he's told me he wants to be.*

*I deserve a husband who is committed to perseverance and course correction; who gets up quickly after failures.*

*I deserve a husband who cares for himself so that he can offer me more presence and participation in daily life.*

*I deserve a husband who models faith, purity, passion, and purpose to our children.*

*I deserve a husband who acknowledges his imperfections yet resists using them as justifications for a small life.*

*I deserve a husband who fights for my heart.*

*I deserve a husband who pursues my emotional and physical safety.*

*I deserve a husband who cherishes me, pursues me, and defends me.*

*I deserve a husband who humbly responds to my personal boundaries and listens to the pain his choices have caused.*

*I deserve a husband who remains patient when forgiveness and trust do not come quickly.*

*I deserve a husband who desires me, cutting off opportunities to seek all counterfeit connections.*

*I deserve a husband who nurtures me, encourages me to use my gifts, and empowers me to come alive.*

*I deserve a husband who supports my needs for relationships, relaxation, rest, and rejuvenation.*

*I deserve a husband who serves me, looking for ways to lighten my load.*

*I deserve a husband who is eager to invest both his time and attention.*

*I deserve a husband who sees me, knows me, and loves me.*

*I deserve a husband who reminds me every day that my value does not depend on my weight, my style, my sexiness or sexual availability, how I was treated as a child, or any other outside factor.*

*I deserve a husband who reminds me that I am beautiful and I am enough.*

*My worth is innate and cannot be tarnished.*

*I deserve all of these things because I am a woman of infinite worth.*