

Ask her if you make her happy

It's as simple as that. When in doubt, ask.

Rather than guessing and getting it wrong on so many levels, just come out and ask her. If your relationship is strong you will be able to talk about the issues she raises and accept them constructively.

Sometimes your wife just won't know what is wrong unless it actually happens and she is able to show you. Sometimes she will just feel things and won't be able to put them into words when you want her to, so it may be that you need to be patient and understanding. But if she knows that are happy to listen and understand, the words may flow a little easier for her and you can grasp her meaning easier.

If you ask you wife is something is bothering her and she gives you a one word answer, try another question. It may take a few questions, but she will open up. She mightn't open up on the first "are you okay?" because she is testing to see if it is okay to let it out, and if you really do care or not. If you take her "yes" as the end of the conversation that will be it, and she won't tell you anything. But gently probing questions will reassure her that you are interested, and she *will* open up.