

[Open in app](#)

≡ Medium



Bitchy · [Follow publication](#)

★ Member-only story

Want a Traditional Wife? Here's Your Trad-Husband Checklist

Men are demanding a job they're not qualified for.

6 min read · May 9, 2025



Maria Cassano

[Follow](#)

Listen

Share

More



Photo by [Getty Images](#) for For [Unsplash+](#) (edited by author)

Over the past year, I've written about trad wives *ad nauseam*.

I wrote an [open letter to the guy on TikTok](#) wondering where all the “real women” went. I wrote about why this generation of women is choosing to stay single and childless. I wrote about how historically, the [trad wife is a myth](#); she didn’t exist in the 1950s, and she sure as hell doesn’t exist now.

I had hoped that time, rational thought, and the plummeting economy would nip this trend in the bud — but with Christian nationalism on the rise, it’s only gotten worse.

Just this week, a [pastor went viral](#) for saying that he “does not need to get [his] wife’s permission to get physical,” and that “you may kiss the bride’ is an ongoing permission.” (Please note that as of 1993, [marital rape](#) is illegal in all 50 states.)

Some men are still obsessed with the idea of marrying a “traditional woman” who loves cooking, cleaning, and child-rearing as much as she loves pleasing her husband. But here’s what those men fail to realize:

Even if we *wanted* to be traditional wives, we logically couldn’t unless we had traditional husbands.

Do you, good sir, meet the criteria to qualify as a traditional husband?

1. You’d better make enough money to support a family

In the 1950s, the average American could buy a house for \$7,354. (Well, the average American *man*; women couldn’t buy their own houses until 1974.)

Back then, healthcare didn’t bankrupt you. Groceries didn’t require half your paycheck. College didn’t cost hundreds of thousands of dollars. A husband could easily support a family of four on a single income, and still afford a brand-spanking-new vacuum for the lady.

Want your wife to stay home with the kids? Supporting the average American family now requires an annual income of at least \$85,000. In states like California and New York, you’ll need well over \$100,000.

Guess you should ask for a raise before you ask for her hand.

2. You’d better own a house

Despite earning 45% less than male-headed households, single women in the United States now own 2.7 million more homes than single men.

Where do these single men live? Well, they're way more likely than women to have roommates — and 19% of men between the ages of 25 and 34 still live with their parents.

Unless you're planning to bed your wife on your Star Wars sheets or rock a baby in Brad's bean bag chair, it might be time to look into mortgages. (Good news! The rates are only about 6.77%).)

3. You'd better be ready to commit

In the “good old days,” women didn’t wait around for men to play the field or squeeze every last beer out of their frat-boy glory years.

We went straight from our father’s house to our husband’s house, often right out of school (if we attended school at all). If you want a traditional wife, you need to propose with the speed of a traditional husband: within a year of courtship and *before deflowering us*.

Are you among the 40% of modern men struggling with an avoidant attachment style? Opting for situationships over monogamy? Waiting for your fear of commitment to disappear alongside your hairline?

Maybe you’re not cut out for a traditional relationship after all.

4. You'd better not play video games all day

The average modern man spends 10.6 hours a week playing video games, and up to 10% of men between the ages of 18 and 34 are considered video game addicts.

Ask your grandfather, and he’ll tell you this is a colossal waste of time. Shouldn’t you be fixing a sink? Networking with coworkers on the golf course? Chopping wood for the long winter ahead?

Yeah. Put down that Xbox controller and go pick up an axe.

5. You'd better have top-tier sperm

For centuries, women have been blamed for pregnancy issues.

Now, research indicates that over 50% of the time, trouble conceiving is due to male infertility. Sperm levels are lower than ever because of processed foods, substance use, and sedentary lifestyles — and emerging research shows that poor sperm health is a huge contributor to morning sickness, birth defects, and miscarriage rates.

Want a house full of kids for your wife to homeschool? Ditch the vape, hit the gym, and start eating pumpkin seeds.

6. You'd better be willing to suffer in silence

Traditionally, therapy and medication were only prescribed to women, so that pesky little thing called “an existential crisis” didn’t get in the way of her housework.

Mornidine advertisement, 1959. Canadian Medical Association Journal

Only in severe cases (psychosis, war trauma, breakdowns, and homosexuality) would men receive treatment, often in the form of institutionalization or aversions therapy.

Otherwise, traditional men didn’t get help. They didn’t talk about their feelings. They didn’t burden their wives with their insecurities, trauma, or mental health struggles. They *definitely* didn’t complain about their lack of prospects on Reddit.

They bottled everything up until it manifested as alcoholism, rage, and heart disease. According to population reports, men in the 1950s lived to be around 65 years old, which meant they dropped dead just in time for retirement.

7. You'd better know how to do manly jobs

According to a recent survey, half of millennial dads don't own the most basic of power tools: a cordless drill. Roughly 38% don't own screwdrivers, and 36% don't own a hammer.

Many of them also can't reset a circuit breaker, unclog a toilet, patch a hole in drywall, work a grill, clean the gutters, or mow the lawn.

In the 1950s, men who hired someone else to do these tasks were considered "lazy" and "soft."

If you expect your wife to do the traditionally feminine jobs, you'll need to learn how to do the traditionally masculine ones. Luckily, you've got something your dad didn't: YouTube.

8. You'd better go to church every Sunday

A whopping 60% of Americans in the 1950s attended weekly religious services, compared to just 21% today.

Traditional husbands didn't sleep in or catch the football game on Sundays. They put on their best suit, loaded the family into the station wagon, and spent the morning in a wooden pew. They also volunteered for church committees, donated 10% of their income as tithe, and were pillars of their religious communities.

If you're going to use the Bible to micromanage every facet of your wife's life, you should probably practice what you preach, right?

9. You'd better be willing to die for your family

Traditional men were drafted into wars. They worked in coal mines and steel mills, knowing they might not come home. They died decades younger than their wives, their bodies giving out from factory fumes and backbreaking labor.

It was simply the price they paid for the title of "provider."

I know you're willing to die for your boys in *Call of Duty*, but are you willing to work yourself into an early grave for your woman?

• • •

Now, before you come at me: I am not telling you to be this type of man. Actually, being married to this type of man sounds like my personal hell on earth.

I'm much happier with my current partner, who's down to share both financial and domestic responsibilities. Who isn't terrified of vulnerability. Who thinks it's badass that I own a house and accepts my decision to remain child-free. Who doesn't accuse me of being an emasculating feminist when I pay, and a gold-digger when I don't.

I'm merely suggesting that if you want a traditional wife, you'd better check every box on this list. And if you *don't* check every box on this list, you're not looking for a traditional wife.

You're either looking for a submissive provider, or an imaginary woman who obeys like a nun, performs like a pornstar, and coddles you like a mother.

• • •

For a limited time, I'm sending readers the first 10 pages of my upcoming memoir, Numb, Party of One. This is the writing sample I used to get my literary agent, and it'll be the writing sample on acquiring editors' desks when we go on submission to publishing houses this September. [Click here](#) to read it for free!

• • •

Bitchy is a place for life stories told through a feminist lens. Connect with your fellow writers and editors, and [join our](#) Discord.

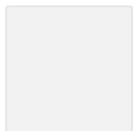
Bitchy

Relationships

Marriage

Culture

Feminism



Follow

Published in Bitchy

18.6K followers · Last published 3 days ago

Thought-provoking essays on gender, identity, and culture through the feminist lens.



Follow

Written by Maria Cassano

34K followers · 42 following

Writer & Editor — as seen in HuffPost, Bustle, CNN, NBC, Food & Wine, Allure, The Daily Beast, and Elite Daily
| www.mariacassano.com/numb

Responses (290)



Bgerby

What are your thoughts?



Suzanna Quintana



May 10

...

Many of them also can't reset a circuit breaker, unclog a toilet, patch a hole in drywall, work a grill, clean the gutters, or mow the lawn.

Among the other things I know how to do living off grid in Mexico, yesterday I learned how to hotwire a generator. Turns out I'm the man I always needed;)



1.5K



5 replies

[Reply](#)



Erum she/her

May 10

...

Tradition without reciprocity is just nostalgia weaponized.



1.2K



6 replies

[Reply](#)



All Humans Have Human Rights

May 9

...

Been there. Done that. Every one of them, even #9. We weren't trad, though. We were just normal people, building a family, building a successful life, 55 years ago. Then the 70s came along. She went to a consciousness raising group. There weren't... [more](#)



673



1 reply

[Reply](#)

[See all responses](#)

More from Maria Cassano and Bitchy



In Fourth Wave by Maria Cassano

I Went to a No Kings Protest at a Church, and What I Saw Shocked Me

For context, I'm a liberal ex-Christian feminist in a Republican town

◆ Oct 19 ⌂ 22K 💬 357



In Bitchy by Maria Cassano

Studies Show That Predators Target Women Based on One Thing

Attackers all chose similar victims — and it wasn't what they were wearing.

◆ Sep 23 ⌂ 28K 💬 476



 In Bitchy by ThuoWanjiru

I Trusted My Male Friends Until I Learned The Truth

Why familiar men can be the most dangerous gamble

 Aug 12  6K  207



...

 In The Writing Cooperative by Maria Cassano

I'm a Professional Editor and This Is My Biggest Writing Pet Peeve

Taylor Swift gets away with it, but you probably can't

 Oct 3  6.4K  149



...

[See all from Maria Cassano](#)

[See all from Bitchy](#)

Recommended from Medium

In ILLUMINATION by Dad is FIRE, CFA

High-Paying Jobs Are Everywhere, But Very Few Want to Do Them

The labor gap keeps growing, and the few who fill these roles are getting paid like never before.

◆ Oct 14 1.4K 47





Jessica Stillman

How to Actually Change Someone's Mind: Ask Them This 1 Question

Want to actually change the mind of someone you disagree with? Start by asking this question.

◆ Oct 17

4.7K

110



...

 Bogdan Ilyin

Denmark Just Triggered Putin's Worst Nightmare

Europe's quietest country just made one of the loudest moves against Moscow's war machine.

Oct 6  16.2K  208



...

 In Bitchy by Maria Cassano

Studies Show That Predators Target Women Based on One Thing

Attackers all chose similar victims — and it wasn't what they were wearing.

 Sep 23  28K  476



...

 In Towards AI by Teja Kusireddy

We Spent \$47,000 Running AI Agents in Production. Here's What Nobody Tells You About A2A and MCP.

Multi-agent systems are the future. Agent-to-Agent (A2A) communication and Anthropic's Model Context Protocol (MCP) are revolutionary. But...

Oct 16  1.8K  49



...

 In The Straight Dope by David Wineberg 

USA is actually seven nations that will never work together, and never have

The first shocking thing about Nations Apart, by Colin Woodard is that all the stereotypes Americans use for themselves are accurate. And...

★ Oct 19 📺 6K 💬 129



...

[See more recommendations](#)