

Marriage MarkerSM :

Being Better Together

When you are trying to juggle the kids, the home, the finances, the meals, and then find some time for each other, it “ain’t easy”. And by the time you do, he may know what he wants to do with you....but neither of you know what to say.....outside of the next list of schedules and things to coordinate. And when he tries to relax with you the way he wants, did I get it correct?...sometimes that is the last thing you want to do. So now you have even less to say. You’re irritated. You might even yell at the kids, because, after all, why does everything have to be on your shoulders! Then he backs off, finds the TV better company.....and bingo..... you are stuck in the same cycle.

Perhaps the solution is buried within the problem itself. Did I hear you correctly? **YOU....are trying to do the juggling act?** Since when did you adopt the role of a one-person circus act? In fact, did you receive specialized courses and supervised training in such an immensely difficult job, or were you somehow born to “just know”....? I thought that when you got together with him, it was somehow to be an “US”! Whatever happened to that?? **It took an “us” to make the babies...don’t you think it takes an US to make a home and a happy life as well?** But then, after all, honestly, maybe you never saw a happy “us” growing up with mom and dad.....So who’s to think you can be so special as to claim a different dream for yourself! You don’t want to wind up pushing him away because you sound so complaining and “bitchie”....so you just keep trying.....in fact you overcompensate and try even harder.....Don’t forget, you’re from Wisconsin, and here we learned to feel guilty if we don’t!

Does this sound like you? Yes and No, right?! You don’t want family to be the same as how you grew up! But, you just don’t know what else to do to change it. Yeah, it does feel better to have control over the urge and to not give in and eat when you are lonely and frustrated, and it does help to exercise at the gym with the girls....but, then you have to come home to the pressures and the same situation. Sometimes it makes being out, shopping, or anywhere....better than being home. Do I have that right?

I am the “super-nanny” of marriages....let me show you how to re-invent the system. Try to forget about superficially changing it, it needs re-inventing....just like your life. If you don’t do it now, then 15 years from now you will belong to the State of “over-drinking pregnant men” and “over-eating pear-shaped women”. In fact, you will have so adapted to living vicariously through your children, you won’t even remember your young dreams of having a spouse who is your best friend, **if** you manage to beat the 1 in 2 odds of even being together at all.

- 1) Decide. Does what I am saying make sense?
- 2) Then decide to change the “Me” to an “Us”.

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- 3) Approach him gently. Drop the resentment, because, after all, if you don't help set the ground rules, it is at least 50% your fault things got this way as well.
- 4) Ask him for an adult pow-wow, a “no-blame brain storming” of how to change your two independently functioning lives into “**One Inter-dependent Set**” to live, love and be finally be happy.

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