



How I Stopped Hating My Husband

Hi,

This past week, I celebrated my 14th wedding anniversary. (To be honest, we celebrated with takeout and a bottle of wine because we traveled to Mexico last month for a wedding and are heading to New Orleans next month for my husband's 50th, and we needed an affordable, low-key celebration—cheers and pass the soy sauce!)

It made me think about the early days of our marriage when we were learning how to live together. It was NOT EASY! We fought a lot, primarily about the dishes. Mainly because he didn't do them to what I deemed an acceptable level of completion. There were many nights I felt hatred course through my veins when I looked at the pots soaking in the sink and the crumbs on the counter. I know I'm not alone in this feeling, am I right?

It was a journey to get to the point where the dishes just aren't something we fight about anymore. And it's mainly because I stopped keeping score-- something that I thought was just what you were *supposed* to do, but was only keeping me miserable. I talk about this more in the "How I Stopped Hating My Husband" episode that aired yesterday—I hope it helps end the chore wars in your household.

Love,

Episodes You May Have Missed:



Relate, Not Manipulate



See the Flip Side



How to Repair After a Fight



Take Care of Your Relationship by Taking Care of Yourself



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A Sneak Peak into Next Week

The value of asking dumb questions, do you know what motivates you?, swing those arms!, say what you mean (but don't be a jerk), the beauty—and power—of doing something you suck at

Your Stories

"I've been sharing your podcast with more friends lately and they all really like it!" – Jessica

-- *I take sharing as a very high compliment. Thanks for doing that.*

Parting Thought



I support getting the cat to do the dishes.