

Slacking Off? Big Trouble

Do you let things slide at home because you're so tired and busy?

BIG problem!

According to studies, slacking off at home to let your spouse take care of the domestic chores is a source of severe conflict between husbands and wives.

One spouse usually feels like he/she is doing most of the work, igniting bitterness and resentment.

If you'd rather not return home one day after work to the sight of your sweaty spouse throwing your dirty socks out of the window, do this:

If you see something needs to be done, do it!

That's all it takes to keep the peace.

Letting things slide will make your spouse feel like you're taking advantage their goodwill

If the laundry needs to be done. Do it.

If the car needs gas. Fill it.

If the dishes need to be washed. Wash 'em.

If the kids need to be rescued from the chandelier, help them rappel down.

Your spouse isn't your servant so don't treat them like hired help.

Pitching in to help around the house demonstrates your caring commitment to the family

So consider dividing the household chores and parenting responsibilities to make life easier AND to make sure you have some time leftover for each other

(The time you share might just be a little bit more pleasurable, too.)

Schedule an appointment with your spouse to discuss the issue.

Don't blindside them because they'll only get defensive.

Discuss it.

Be caring.

Let them know that you know how hard they've been working lately and you can only imagine how tired they must be.

Kindly and lovingly let them know you're a little tired, too.

In the nicest way you know, share how you'd appreciate a little help around the house.

This isn't the time to nag, manipulate or to make them feel guilty.

It could be that your spouse really isn't aware of everything that you do and all that has to be done with the kids and household stuff.

Once they're aware of the situation they'll probably be more than happy to lend a helping hand.

I realize that this isn't an "exciting" tip, but sharing household chores and responsibilities one of the secrets of being (staying) happily married.

Until next time, this is Mike Tucker & the Crew and want you to be mad about marriage!