

Fighting About Household Chores?

Want to start a fight with your spouse? Bring up household chores because I guarantee that one spouse feels that the other one isn't pulling their weight.

Chores are a sore spot now more than ever because life is SO busy, especially when both spouses have careers.

Common Mistakes Couples Make When Splitting Household Chores

Aiming for a 50-50 split. This is the worst way to go about chores.

In fact, studies show that couples who split chores 50-50 are likelier to have marital problems that lead to divorce!

The main issue with the 50-50 split is that there's no way of knowing whether you and your spouse are "even" unless you keep score. And keeping score in a marriage never ends well.

Ignoring chore preferences. Unfortunately, this is recipe for disaster, too.

For example, maybe you're okay with clutter but can't stand dust, and your spouse is the exact opposite.

Why not let the person who can't stand dust and dirt do the bulk of the cleaning while the person who can't stand clutter organizes and keeps things tidy?

Not seeking outside help. It's easy to feel overwhelmed no matter how fairly you split the chores.

If your budget allows, consider hiring a little help. And if you have kids make sure they're helping out!

Marriage Tips: How to split household chores

1. List all the household chores that need to be done.

List everything that goes into running a household and how often it really needs to be done because some things don't need to be done every day or week.

Make a list that includes stuff from vacuuming and doing the dishes to paying the bills, mowing the lawn and keeping the cars maintained.

2. Identify chores that you both enjoy doing.

Have each spouse choose chores they enjoy or don't mind doing. Simple.

3 Share the remaining responsibilities.

Agree on a fair way to divide the remaining chores. It could be as simple as each spouse taking the ones they want done the most, or flipping a coin! (Try to have some fun with it!)

4. Help each other with the chores.

Just because you're not responsible for the laundry or maintaining the cars doesn't mean you should never do it. So make an effort to help your spouse with their chores because you care about them (you do, right?).

Chores will probably always be a point of contention between spouses. But following these tips should make life a whole lot easier!

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!