

Spouse Playing These Mind Games?

Ever get tired of all the mind games people play? Me, too. Mind games are a form of manipulation. Sadly, marriages are full of them. Here are the top five mind games that married couples play.

Mind reader...

Here's a fun one. A spouse goes silent, expecting their partner to figure-out what they're thinking or feeling. This is a great way to feel even more ignored while making your spouse wonder why you're giving them the silent treatment. Communication is the only way to end this silly game.

Hot and Cold...

Some people are warm and loving one day but cold and distant the next, leaving their partners feeling used or abused. This is a common mind game of people who deal with stress by withdrawing from their loved ones.

The only way to stop playing this mind game is to work on developing better stress coping mechanisms that don't involve emotionally distancing yourself from your loved ones.

Threats and ultimatums...

Some spouses exert control by issuing threats and giving ultimatums. Some even go as far as threatening divorce if they don't get what they want.

This mind game is usually a sign that someone is frustrated or in an unhappy marriage and has had all they can take. They're desperate, and they feel the only way to get their spouse's attention is to issue a threat or ultimatum.

What fixes this situation? You guessed it, better communication.

Playing mommy...

Due to their natural mothering instinct, women sometimes treat their husband like children. Unfortunately, husbands, and adults in general, don't like being treated like children because it makes them feel micromanaged, dominated, bullied, minimized, demeaned, and controlled.

In order to stop "playing mommy," women must learn to trust their husbands more - trust that they can do what needs to be done without nagging or micromanaging; and let them do it their own way.

Spoiled child...

This game involves manipulating your spouse into doing what you want by acting like a spoiled child who throws a tantrum if you don't get your way. It can also involve saying things like "don't you think I'm worth it" or "I must not be important to you" to guilt their partner into doing what they want.

Although this mind game is quite effective, it leaves the other person feeling used and resentful. In the end, it's much better to communicate what you want by using healthy, selfless, positive words.

Obviously, these and other mind games are signs of an unhealthy relationship. So, if you want a healthy and happy marriage, please stop playing mind games today.

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