

Save the SAHM Podcast-May

The Real Struggles of a SAHM

Episode #16 – My husband doesn't get it?

- Your spouse may be supportive but doesn't get how hard what you do is or understand your state of mind; You may feel alone

1. Of course, he doesn't get it!

- a. He's not you; He doesn't do what you do
- b. Stop thinking that he was created to understand everything about you. He is still human.
- c. He is a husband a psychic

2. What are you really expecting from him?

- a. What do you need from him? Why?
- b. What kind of interaction and conversation do you need from him?
- c. Is this worth getting upset about?

3. Get out of your feelings

- a. We are emotional creatures, but our emotions should not control our thoughts and actions
- b. Don't allow your feelings to guide you away from what you know to be true
- c. Sometimes we think they feel one way and we could be completely off
- d. Stop assuming the worst

4. Talk to him

- a. Share your struggles and needs with him without a pre-determined response
- b. Tell him what you need from him
- c. Invite him into your world
- d. Avoid assuming how he feels and thinks; just talk to the man
- e. You're not a psychic either

5. His love is not determined by his ability to understand

- a. Remember that he loves you beyond what he doesn't get
- b. His lack of understanding comes from a lack of experience, not a lack of relationship

***Today's take away: Being one only works when we are inclusive.**

