



I Need Some Help

Even Wonder Woman Has Her Days

4 tips in getting more
help around the
house

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Help is not a dirty word.

First, we need to become ok with the concept of help. Growing up, we were always told to help out adults. Be the kid who opens the doors, offer to carry the heavy box, or give your seat up for someone. However, this wasn't transferred over to our peers all that well. We never learned to collaborate (because that's cheating), and we almost see it as a sign of weakness to need help. As if everyone in the room is thinking "oh, you need help? You can't do that on your own?"

Help isn't a dirty word. Needing help is natural. It invites trust and intimacy between people. Instead of seeing it as weakness, take it as bravery. You're allowing someone to see your struggle and you're inviting them to step-up to the plate. True weakness is thinking you have none.

You deserve to be helped.

In the podcast, Melissa mentioned how she hated feeling like an inconvenience when she asked Shawn for help. Regardless of Shawn's response, she didn't like "bothering" him. As if her needs and time weren't valuable, too. It's dangerous to go about your marriage, and life, with that mentality. Your time and effort in a marriage has the same value as your spouse's. Point blank. He doesn't deserve more free time than you, even if he is going in for a 9-5 job. When a baby cries, you're not the only one that has to stop everything to help them.

You are worthy of help. You're just as valuable as your spouse.

And, truthfully, if Melissa (or you) keeps going about her marriage in that way, resentment will follow.

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You don't need permission.

I think we can all agree that we're all (mostly) adults here. And I think we can also agree that our spouses (hopefully) aren't our parents. That means you shouldn't be standing in the bedroom doorway waiting until your spouse is in a good mood so that you can ask them if you're allowed to go to the gym or have dinner with a friend-- and no, you don't need a ride ... Karen is picking you up. I mean, that's absurd! But we all find ourselves in those situations where you feel like you're not allowed to ask them to pitch in so that you can do something for yourself... Like, breathe. Don't ask for permission just once. Just tell them "hey, I'm going to the gym at 5pm tomorrow." They'll pick up the slack if you let them.

Your spouse is capable.

It can be really hard for moms to loosen the grip on the reins, but sometimes it's necessary-- for your sanity and everyone else. Running a household and raising children isn't some solo-act at the circus. Your spouse isn't a bystander, or at least shouldn't be; you're not the only person that knows how to comfort a boo-boo, make dinner, or schedule play-dates.

When you got married, you joined a team. And you probably didn't join a crap team. Believe in your spouse. Be confident in their abilities to not only take care of themselves, but to take care of you, too! Rest assured that they want to do right by you, and giving them the change to prove themselves and their ability to help you is necessary.

So let them.

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