

8 WAYS TO START THE CONVERSATION ABOUT THE MENTAL LOAD WITH YOUR PARTNER

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USE A NARRATIVE VOICE

Narrate your inner thoughts about the conversation - "I really want to talk with you about this, but I'm worried about how you'll take it. I'm feeling really overwhelmed and I also know how much you are doing right now too. However, I'm feeling like I really need help."

USE AN EXAMPLE

Use an example from earlier that day (not days before). "Can I be honest with you? I was super overwhelmed earlier. I know you value me, but I feel undervalued at times when you don't offer to help. I know that's not the case, so help me understand what goes on for you."

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USE BRUTAL HONESTY

"I'm feeling like I'm barely keeping my head above water. I'm doing so much and I'm so stressed. I need help."

USE TIME TO YOUR ADVANTAGE

Choose a time when the kids are in bed, and you and your partner are relaxed - "I'd love to have a conversation about how to split our family tasks in a more even way. Is now a good time?"

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USE FAMILY HISTORY

Discuss what the division of labor looked like for each of your parents - "Do you think your parents split things evenly when you were growing up? What do you want for our family?"

USE YOUR STRENGTHS

"I want to talk about how to split things more evenly. What are tasks you don't mind doing, and which ones do you not like doing? Let's go through them and split them based on preference."

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USE "I FEEL" STATEMENTS

"I know you love and value me so much, but I feel lonely and frustrated when it feels like you don't think about how to help."

USE THE TEAM APPROACH

"I know we are a team, but it hasn't felt like that lately. It feels more like I am doing everything. Can we have a team meeting to talk through this more? Let's listen to music, have a glass of wine or sparkling water, and talk about it."

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