

Stories that Sabotage

THIS ACTIVITY IS FOR BOTH PARTNERS.

Think about the stories you tell yourselves about the mental load and how responsibilities are handled in your home.

IF YOU ARE THE PARTNER WHO CARRIES MOST OF THE LOAD:

Use the examples given or generate your own story and then rewrite your story in a way that will no longer sabotage your efforts to handoff the mental load.

IF YOU ARE THE PARTNER WHO DOESN'T CARRY MOST OF THE LOAD:

Use the examples given or generate your own story and then rewrite your story in a way that will no longer sabotage your efforts to takeover parts of the mental load.

If you're having trouble coming up with your story, discuss it with your partner, they will likely have insights into ways that you sabotage.

My Stories that Sabotage

EX: I shouldn't have to ask.

EX: No matter what I do, I don't get it right so why even try.

My Revised Story

EX: When I ask, I am inviting my partner to participate in parts of the mental load I don't want to carry alone anymore.

EX: My partner has done this for so long, it may be hard for them to turn this over and trust me. I will keep putting in effort despite feeling discouraged.

My Stories that Sabotage

If I don't do it, no one will.

I shouldn't have to ask.

It is just easier to do it myself than to explain it to my partner.

My Revised Story

My Stories that Sabotage

No matter what I do, I don't get it right so why even try.

I don't know how to do what my partner does.

I'm not even aware of what needs done.

My Revised Story