

# The Royal WE!



**It is easy to fall into a routine when we are comfortable in a relationship. I think that is part of the ‘beauty’ of a long term relationship.**

We already know what to expect, how the chores are divided up, who is in charge of the garbage and who takes care of the laundry. But, after a while, resentment can set in. Someone else can be perceived to have a ‘better deal’ or your work schedule no longer coordinates with the laundry or garbage pickup.

The unity of ‘we’ can transform from a separate ‘you’ and ‘I’. We could blame our sub-conscious while throwing accusations or shaming another person for our trauma or problems. Phrases like these:

- “I’m busy tonight AND I have to shop for groceries.”
- “Why did you buy this bug spray? You know it is poison!”
- “It is your turn to take out the garbage.”

If we adapt our vocabulary just a bit, we can still maintain control in a harmonious way, without blame or disrespect. Turn the issue into a statement rather than an accusation or a dictatorship. Try using the ‘Royal WE’ in these situations to diffuse the issues.

- “We need to remember to take the garbage out this evening.”
- “We are both busy tonight, but we need to shop for groceries.”
- “Oh dear, we bought the wrong bug spray. I think this one is poisonous!”
- “Can we make a new rule? Let’s try to \_\_\_\_\_.”

Change these words to re-work one of your own scenarios. You’ll find that altering your vocabulary to include the ‘Royal WE’ can be a great peace keeper. ~

~ Kathryn