



## “Hell for the holidays?” – Using the Innerwife for Managing the Holidays

The Innerwife and its counterpart Innerhusband are tools that can truly enrich relationships across the board. Even more so, Innerspouses can bring some enlightenment to one of the biggest stressors that rear up seasonally – Bah Humbug! It’s juggling the holidays!

### How to Use Your Innerspouse for Managing the Holidays

**Mentally review your spouse’s past holiday stories** – Your special someone has told you stories about their family. Whether it was eating turkey the night before Thanksgiving, opening gifts Christmas Eve or going to temple with their special aunt, you’ve heard stories about your baby’s holidays. Turn back your mental recorder and take note of what’s been important to their celebrations.

**Mentally review previous holidays you’ve shared with your spouse** – Build your Innerspouse with information of your snowy days with your wifey or hubby. Did they put special focus on the prayer of giving thanks? Did they make sure it was a real tree instead of a fake one? What events made them happy as a sugar plum fairy, sad like a lump of coal or happy like a joyous elf? You can build a simulation of your Innerspouse with the copious amount of information you’ve recorded in your mind over your time together.

**Get an early view of seasonal plans** – Talk to your family and your spouse’s (if you can) ahead of time. When you know what’s coming, you can try to plan and maneuver yourself around the pitfalls ahead. Inquiring about what’s going on may allow you to get in on the planning phase. You could be able to help schedule and avoid stress!

**Communicate** – Talk, talk and talk with your spouse. Plain and simple. Make sure you both know that neither of you is trying to “get over” on the other one. Emphasis that while you’ll be running around seeing each other’s family, the holidays are about YOUR family together first and foremost.

**Volunteer** – Doing community service together can get your perspectives in order. You’ll naturally feel the good work you’re doing radiate into you both. Plus, you’ll be helping out others.

**Be flexible** – It will take some managing here and there. It will be give and take but in the end, after good meals, happy moments and joyous time, your hazardous-holiday minefield-maneuvering will have been worth it.

[For more on the Innerwife, click here](#)

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