



“It’ll just take a minute...” – Using the Innerwife for Shopping

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 tests in a relationship – shopping!

How to Use Your Innerspouse for Shopping

Use your previous shopping experiences – An Innerwife or Innerhusband offers you something very important: information. And it’s information that has been time-tested and proven over and over again. You know where your spouse likes to shop, where they’re in and out and where they could stay all day. Going back into this information will help you know what kind of shopping experience you’re about to have.

Think what this means for your real spouse – For some of us, shopping is just that: shopping. But for many of us, there’s always a particular store or two that actually means something to us. Maybe it relaxes us. Maybe it takes us back to fond memories. Whatever it is, keep this in mind as this could be a special place for your special someone that you don’t want to screw up.

Inject some fun for both of you – Take in a run to the food court. Check out the upper floor where neither of you have even been. Race through the store or play tag. Whatever it is, try it. By having fun while shopping, you turn it from a them-buying & you-waiting experience to both of you being out and about and enjoying one another.

Bond – Although you’re out and about shopping and moving through busy stores, still take the time to talk, hold hands, be affectionate and bond. More often than note, shopping is about one spouse entering the world of another. Enter freely and be open with and to one another. You may even enjoy the places you’re going!

Be patient – Being that this is shopping for them, you may find yourself bored or unoccupied. Go back to your Innerspouse, let them remind you about feeling appreciated and fully explored by your partner. You don’t like to be rushed so don’t do it to your spouse.

Practice – It makes perfect. The more your Innerspouse joins you at the mall, the more you’ll stay with your shopping spouse and less you’ll pace the food court.

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

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