

Fathers Podcast 08 Comings and Goings Part 1

Podcast Highlights

-A husband and wife tend to connect at the worst parts of the day (the beginning and end...when you're barely awake or really tired).

-We can't change the times that we can connect but we can change how we approach it.

-Make the commute home your decompression time so you can be fully engaged as soon as you walk in the door. Pick a specific spot on the way home to begin thinking about your wife.

-Leave work on time and get home when you say you're going to arrive.

-Find your wife first: communicate that she is your number one priority. This could be a hug/kiss/backrub...what ever she would receive as love.

-Ask her what she needs.

-Keep in mind where your wife is coming from...she may not have that buffer...regardless if she works in or out of the house.

Thinking/Conversation Starters

-What are three things that you could do this week differently to make your wife feel like she is your priority?

-What could your wife appreciate when it comes to comings and goings? Where might you have dropped the ball and not done well? What do you do well?

Action Step

-Make the commute home your decompression time.

-Think through your rhythm of arriving at home. What could it look like and what do you need to change to get there?

"As iron sharpens iron, so one man sharpens another."

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