



They'll love you for teaching them...

Have you ever found yourself getting grumpy because you feel like you're shouldering more than your fair share of the load? Maybe it's at home, perhaps it's at work or it may occur planning major family events. If you're inclined to be responsible and you like to do jobs well, then you're at risk of feeling taken for granted at times too. Resentment can lead to criticising others for being; 'lazy', 'takers', 'irresponsible' and 'useless'. If you've got to this point in a relationship with someone, it's a hard road back to equity and equanimity. There's a strategy that can help to stop the imbalance happening.

Invest in the long term results...

To prevent being taken for granted requires a little bit of forward planning, e.g. imagine your child for a moment as a typical teenager - dirty clothes lining their bedroom floor, waiting for someone else to pick them up and wash them. It's a common complaint and causes discord in families. If you'd rather avoid this, then planning ahead looks like, engaging children while they're young in a game of 'learn how to do the washing' and 'hi-fives' when they manage it. Breaking down the activity into easy to do stages makes it all the more doable for them. Teaching 'how' to do something and providing opportunities to practice it, without criticism, can lead to prevention of resentment later on.

What needs changing now?

Is there anything that feels out of balance now? Are the workloads distributed fairly and evenly? If not, is there something that could be taught that would enable someone to contribute to the workload. We often mistakenly assume that people are 'lazy' when in fact, they are often unaware of how to do a task to our satisfaction or oblivious of its importance to us. A clean kitchen to a child is way down on the priority list yet to the adult it can rate highly for peace of mind. These values also need to be communicated clearly and taught to help others help us. If we can have the patience to really share knowledge, step-by-step instructions, on daily living tasks and express the importance of them, we give others the opportunity to feel good about themselves and avoid the 'grumps'. Invest in teaching!

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au.

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- ✓ Resentment grows when there is inequity of workloads.
- ✓ Plan ahead - what do you need to teach others to avoid feeling overburdened?
- ✓ Teaching people 'how' to do something can make the difference.

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

Benjamin Franklin

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Practical life strategies for women