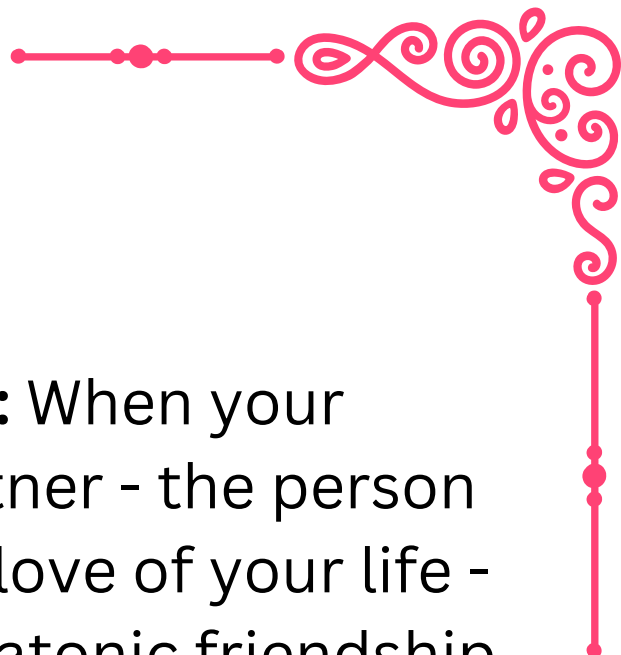


A close-up photograph of a man and a woman smiling and looking at each other. The man is on the left, and the woman is on the right. They are both smiling broadly, showing their teeth. The background is plain white.

*Forget
Roommate
Syndrome*

**THE FUN WAY TO REKINDLE
THE FLAME IN YOUR
MARRIAGE WITH KIDS**

DATING IN CAPTIVITY



Roommate syndrome: When your relationship with your partner - the person who is supposed to be the love of your life - starts to look more like a platonic friendship between two bickering roommates. There's little romance, little sex, and little fun. You may even start questioning whether there is still any love left in the relationship.

Spoiler alert:

THERE IS!

And we are going to help you feel it again - the fun way.



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ISN'T ROOMMATE SYNDROME JUST A PHASE?

Ask your girlfriends and they will tell you: roommate syndrome with your partner after baby's arrival is totally normal - it's just a phase that will pass with time.

Yes, it is completely normal and all too common, and yeah, like anything it might pass with time. But is it worth taking the risk that it doesn't?

You can wait out the storm and just let things get better on their own over the next YEARS, but during that whole time your love, connection, and friendship are going to slowly be breaking down and disappearing. Are you sure you'll be able to recover on the other end? Or are you willing to work that much harder later to get your relationship back?

Another thing to consider is that parenting is hard! Really frickin' hard. And it only gets harder when you and your partner aren't working together as a team. When you're bickering and pissing each other off and not being aware of each other's needs. That's not a productive way to parent!

Don't miss the first years of your children's lives in a failing marriage. It's distracting and draining and not a healthy environment for your children to grow up in. Young children are so incredibly impacted by their parents' vibes and learn everything about relationships from us.

The Fun Way is your lifeline to maintaining and strengthening your marriage, even while you have little kids constantly clinging to you. Even when you're exhausted. Even when there seems to be a billion things to do. Even when it seems like you and your husband are "fine."

Be better than fine!

Kicking roommate syndrome to the curb only requires a small commitment for a huge reward to your relationship, your family dynamics, and your own happiness. And the commitment we are asking you for? HAVE SOME FUN!

Isn't it worth a try?



WHAT IS THE FUN WAY?

People change and grow up. It's natural. We have to. There are taxes to file, lawns to mow, and tiny little humans relying on us for their every need. The pressure is on.

And sometimes that pressure can be too much for us as couples. Life takes over and we lose our connection to each other and even sometimes to ourselves.

Our spouses who used to be our partners in crime, our BFFs, our lovers, somehow turn into these annoying alien beings in our homes that leave their wet towels on the floor, apparently can't seem to smell that the baby's diaper needs changing, and constantly try to convince us that we should be having sex when all we really want to do is scroll our Insta feed for 5 minutes in peace, dammit!



There is a better way!

The Fun Way is our method of saving relationships from this dreaded roommate syndrome and reigniting the spark by using something so simple: fun.

When we open the door to fun, our stresses melt away, our to-do lists magically seem shorter, and our partners once again become the people we fell in love with. Fun brings us back from the hardships of adulthood to a place that is much more inviting: the comforts of a relationship with our best friend filled with laughter, new experiences, and love.

Fun takes us back to a place where you and your partner enjoy talking to each other about silly things. Where you want to have wild sex. Where you would rather spend time together with your hubby than doing just about anything else in the world. Where chores don't seem like such a burden. Where you both contribute equally as a team to a happy household. Where you feel like you again.

The Fun Way is your ticket back to the relationship you remember when you first fell in love and your ticket forward into the family life you've always dreamed of.

So all aboard the fun train! Let's turn that roommate back into your hubby and get that flame rekindled.



WHAT IT TAKES FOR THE FUN WAY TO WORK

There are a few things that you need to do right here and now if you want to rid your relationship of roommate syndrome with The Fun Way. We promise it will be worth it!

Forget your pride

While you are reading the recommended course of action to repair your marriage in this guide, you may feel like the responsibility is all on your shoulders - like you are making all the effort and bending for your husband. We get how it can seem that way. If saving your relationship is truly what you want, you need to let go of your pride and instead be proud of yourself for taking initiative and doing what it takes to make your marriage work. We guarantee that if you succeed, it won't make one bit of difference who took the first step - all that will matter will be that you have a strong and happy marriage.

Be willing to try new things

We recommend doing activities and starting conversations with your partner that are going to seem silly. That's kind of the point. You need more silliness in your relationship if you want your roommate syndrome to go away! Keep an open mind and welcome new experiences, play, and laughter into your daily routine. It might seem strange at first, but it will become more and more natural the more you do it.

Have empathy for your partner

If you are attempting to repair your relationship with the mentality that your husband is a total idiot who needs to shape up and get his act together or you're done, The Fun Way might not be the best solution for you. This method only works if you remember that your partner is the person you fell in love with. That your partner wants your relationship to work, too, but might not know how to navigate your roles in parenthood. That your partner is a human being who might sometimes make mistakes. You will be successful with The Fun Way if you truly love your partner and are willing to accept him for the person he is, even if he maybe needs a little nudge in the right direction to get your marriage on track.

Reflect on yourself

We need to accept our role in causing our state of roommate syndrome and reflect inwardly on what we are willing to do differently for the sake of our marriage. With The Fun Way, the only thing we ask you to do is invite more fun into your life. We hope that isn't asking too much! As you read this guide, ask yourself if you are being the person you want to be, or if adulthood has crushed you into someone else. We bet the person your partner fell in love with is still in there and just needs a little bit of fun to bring her back to life.



**We aren't saying you can change him
'Cause people don't really change
We're only saying that love's a force that's powerful
and strange
People make bad choices if they're mad or scared or
stressed
But throw a little love their way, and you'll bring out
their best
True love brings out the best**

-Lyrics from the Fixer Upper song in Frozen, as sung by the trolls (also not the last Frozen reference in this guide. . .)



THE FUN WAY

What to do . . .

WHEN YOU DON'T FEEL IN LOVE ANYMORE

When we first start dating our partners – long before weddings and kids – we find ourselves head over heels *in love*. We are caught up in our obsession with this new person and the happiness that he brings to our lives. We could live on this cloud of romantic warm fuzzies forever, and we expect to feel this way for our whole lives.

Fast forward a few years and throw a few kids into the mix and for most couples that *in love* feeling is just a fond memory.

The good news is that after that *in love* infatuation fades, there comes a truer *love*, which is an essential human need that we can choose to find and nurture in our relationships, as outlined in Gary Chapman's *The 5 Love Languages*.

It takes committed effort to love another person. It doesn't just come naturally despite all of the fairy tales we've been told about happily ever afters off in the sunset (AKA the part of the story you never hear about).

We as couples need to understand that *love* takes a little work sometimes. We must take responsibility for actively bringing love into our relationships. It might not be as romantic as the movies would have you believe, but it will make you a strong and happy couple if you can choose to rise up to the challenge.

With The Fun Way, you make an effort to bring love into your relationship by having fun together regularly, which in turn helps you to keep all of those in love feels so you can truly have your happily ever after.

Your challenge:

Set the wallpaper on your phone to a picture of you and your partner from when you first started dating to remind yourself every day of how it was to be in love, and to inspire yourself to find it again every day.



WHEN HE CAN JUST KICK BACK AND RELAX

Have you ever experienced that your hubby seems oblivious to what it actually takes to keep your house stocked with toilet paper, schedule kid's doctor's appointments, or purchase birthday gifts for your family? OF COURSE YOU HAVE.

Women tend to carry more of the mental load when it comes to caring for the household, and it can be exhausting.

And then there's your husband sitting on the couch infuriatingly eating bonbons and watching who knows what on TV. UNFAIR.

Here's the thing, ladies: it is unfair BUT maybe we also need to reflect on how much of that burden we put on ourselves because we tell ourselves we have to or the world will crash around us.

Men don't get all-consumed by parenthood or adulting in the same way that we do. .



And maybe that's not a bad thing. Somehow they still manage to survive and thrive, even when we aren't there to take care of everything for them.

Maybe men aren't our nemesis or another child to care for, but our necessary reality check - helping us to remember that it's OK to have fun and enjoy life instead of being consumed by responsibility 24/7.

Now, we're not saying it's OK for your husband not to help out and that you should drop all of your responsibilities and eat bonbons together on the couch. Not all of the time anyway!

But maybe it's worth reflecting on whether that basket of laundry really needs to be folded RIGHT NOW, or if your happiness and your relationship might not benefit more from a 10 minute bonbon break first.

Our partners need to help out. Period. But we also will experience more empathy in our relationships when we start seeing our partners as our balancing forces. Try to let your partner's ability to relax and have fun inspire you rather than annoy you. At least sometimes anyway!

You may just notice that this shift in mindset starts making your partner less of a roommate and more of a teammate. We just help our team win in our own ways.

WHEN YOU'RE STRESSED

So now that we have established that men have the ability to be our coaches telling us to take a seat on the bench and catch our breaths every now and again, it's time for the next lesson brought to you by Elsa from Frozen: Let it go.

We need to learn to prioritize the bajillions of tasks we have on our to-do lists and accept that we just can't do it all.

Your challenge:

Let something go. Leave the dishes. Put the laundry basket in the corner. Let your kid go to sleep without brushing their teeth just this once. We said you had to - so no guilt!



What we tend to do when that list gets too long is take our partners for granted and put our relationships last on the hierarchy of priorities. We assume that our love will withstand a little neglect so we shift focus to all of the other things first and hope we will have energy left over for our partner (spoiler alert: we don't). Then we wonder why we suddenly find ourselves suffering with roommate syndrome. . .

We need to use our energy to make our relationship our first priority. Of course there needs to be a balance - shit's still gotta get done. But it doesn't have to get done at the expense of keeping the spark alive with your partner (which, by the way, waterfalls down to your kids' happiness and well-being of your entire family). A commitment of just a few minutes of quality fun time together each day will do the trick, so there's no reason why it shouldn't come first on the to-do list!

When you prioritize your relationship and having a bit of fun, your partner will also be happier and more willing to help out, leaving you with less of the burden in the end. And the things you don't have time or energy for after that?

LET IT GOOOO!

No guilt. No stress. Instead of dwelling on what you don't accomplish, give yourself a pat on the back for what you do. You can prioritize and make yourself and everyone in your family happier? YOU GO GIRL! Everything else will figure itself out.

WHEN HE ISN'T HELPING

Women do things around the house because it gives us peace of mind. We don't like clutter and outstanding tasks. Our husbands, on the other hand, sometimes seem to be quite unaffected by these things. It's not necessarily that they don't notice, it just doesn't really bother them. And when you aren't bothered, why expend your limited energy to fix it?

That makes sense. But sometimes we still need help keeping up with those chores, bothered or not. Now is not the time to nag, but instead to do things The Fun Way. Here are some fun ways to encourage your partner to help out:

Race against each other: Bet your partner that you can finish your task before he finishes his.

Race against clock: Bet your partner that he can't finish something in under 5 min.

Rewards: You'll give your partner something he wants if he does this chore.

Listen to music: Blast your favorite music while you do chores together.

Talk it out: Designate 10 minutes a day to chat while doing chores together.

Do you have to do this every time you need something done at home? No. There are some things that you should just expect can get done without intervention. This is not meant to make you feel like you have even more responsibility in making housework fun for him. You're his wife, not his mother (or his roommate!).

This is meant to be a great way for you BOTH to get through the household duties in a way that is playful and gives you a chance to connect. Yes, you may have to take the initiative to get the ball rolling. But if it's fun to play with the ball, isn't that OK? You can easily make the mundane fun and enjoyable for you both with a little creativity and not even a bit of nagging!

Your challenge:

Pick one of the ways to make chores more fun and try it with your husband today!



THE FUN WAY

Get the rest of the "Forget Roommate Syndrome" guide for free by joining our Dating in Captivity mailing list [here](#).

What's still to come in the guide:

What To Do . . .

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