

## Opposites Attract and Then Attack

By Sharman G. Lawson

Relationships are wonderful amazing complex unions. While single, all you thought about was having a significant other or getting married. Then one day it happened. You found that special someone who was just perfect. You were compatible in every way. You loved everything about them and no-way could they do wrong. I mean, where were they all your life? They made you laugh; sing, even hum, and the non-stop butterflies wouldn't leave your stomach. Your conversations with family and friends would include sentences like, "We have everything in common." "We think so much alike." "We are the perfect match made in heaven." Then after the honeymoon phase, life and reality showed up. Now your favorite sentence is "We love each other, but we sure are different." Or, "I love him, but I don't like him."

**Night and Day:** Every couple has a night-and-day thing going on. For example, when you dated it was cute that she took an hour to put on make up, didn't wear a watch, and was always at least 15 minutes late. You loved her free-spirit! You felt he was so dedicated because he went to work an hour before his shift started, to get settled in. He wakes up at 4:00 a.m. with no agenda, just because "early birds get the worm." Now, you just get on each others last nerve.

**Solution:** Allow him to enjoy his early morning quiet-time. Just so he is in a different room or in another part of the house. If she enjoys sub-conscientiously being late, set the clocks ahead a half-hour without her knowledge, take separate vehicles to events; ask her to set out clothes the night before to speed up time.

**Hot and Cold:** Have you experienced the house temperature war? Either he is always hot or she is always cold, but they're never on the same sheet of music. The only time there isn't temperature tension in the house is in the Spring and Fall, when you can open the windows and let the fresh air in. He can't take off enough clothes in the summer, and she can't put on enough clothes because the AC makes her feel like she's at the North Pole.

**Solution:** Have a room where the vent is turned off or not completely open. Come to a compromise on what would be a tolerable temperature for each of you. If possible use ceiling fans and open windows when the temperature cools down. Finally, be sensitive to your partner's feelings and body temperature. It's not all about you, so seek to understand not always to be understood.

What you initially loved about your partner doesn't have to be the enemy now. Yes, you are different, but that is okay. If one of you is organized, messy, focused, unfocused, fast, slow; a multi-tasker, or doesn't multi-task – there is a solution. Both of you sit down with paper and pen and write down what you do not like about each other. Come up with three solutions for each dislike. Implement and practice a solution immediately to see how it works. If it doesn't work well, try another one. Bottom line: seek to understand each other, be open and honest, and continuously communicate daily. With more open honest authentic dialog, your understanding and attraction can thrive and the miscommunication attacks can be minimal.

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