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The husband's secret

Ter | 09.02.21 Uma coisa que tenho notado nas leituras de 2021 é que tenho dado primazia, ainda que de forma inconsciente, a livros que têm um ritmo mais acelerado – livros com muita coisa a acontecer, que nos deixam presos do início ao fim. (Menos tu, Anais Nin, tu não contas.) Continuando nesse espírito, peguei no The Husband’s Secret, de Liane Moriarty, que também li num instante. O livro segue um pouco a mesma fórmula de Big Little Lies, no sentido que acompanhamos o lado oculto das vidas aparentemente pacatas das stay at home moms. Aqui, a protagonista chama-se Cecilia e descobre por acaso uma carta que o marido escreveu para ela, que tem a indicação de só ser aberta no caso da morte dele. Ora, ele não morreu, mas ela não aguenta a curiosidade e abre na mesma. Esta carta revela um segredo e a narrativa começa toda a alinhar-se para a história de Cecilia e do marido se cruzarem com a história de outras duas personagens importantes – Rachel e Tess. None of us ever know all the possible courses our lives could have and maybe should have taken. It’s probably just as well. Some secrets are meant to stay secret forever. Just ask Pandora.You ser honesta e dizer que o livro não me surpreendeu assim tanto, acho os twists e surpresas menos bem conseguidos do que em Big Little Lies, mas isso não invalida a qualidade de escrita de Liane Moriarty nem a sua capacidade de trazer mistério, suspense e agitação a vidas aparentemente normais e monótonas. Aliás, eu acho que foi mesmo por isso que gostei tanto do livro – as relações entre as personagens e as três storylines estão tão bem construídas, que não importa assim tanto que os momentos supostamente mais impactantes da narrativa não tenham tanto impacto assim. Em resumo, recomendo muito a autora (ou, pelo menos, os dois livros que li dela). Ainda cá tenho o Truly Madly Guilty para ler, que comprei há uns anos em Londres numa promoção... quando se podia viajar. lembram-se? E desse lado, conheciam este livro? Recomendam que pegue no próximo dela rapidamente ou posso deixar passar uns tempos? 11 comentários Comentar post © 1996-2014, Amazon.com, Inc. or its affiliates My stepchild confided in me with a huge secret. Do I have to tell my spouse, their biological parent? Are Secrets Safe With Me? I hope we have come a long way from the days of the “evil stepmother” trope, because in this day and age of so many blended families, stepparenting is not uncommon. Even as it has become more normal and less villainous, the relationship between stepparent and stepchild can be complicated. Clearly, your stepchild trusts you (sometimes hard-earned), which means you have built a close relationship. It’s a tough balance, though, because marriage also relies on trust as a key part of being stable and healthy. It sounds like an impossible position to feel like you have to swap trust from one relationship to the other. When my kids ask me to “not tell Daddy” for minor confessions, I remind them that he and I do not keep secrets from each other because we work together as their parents. This usually ends up with a request that I tell him when we are alone, particularly with one of our children who appears especially vulnerable to embarrassment. I will comply with this request, usually followed by Daddy bringing it up with them as an opportunity to show them how he can listen and support them, even if Mom is the initial go-to parent. RELATED: How to Introduce a Future Stepparent to Your Kids You mention a “huge secret,” so I’m guessing this may be more profound than my children’s embarrassing moments. I don’t know your relationship history with your stepchild, but most step-family relationships are simply different from the biological relationship that starts with a child at Day Zero. You may have had ups and downs in developing the relationship, and feel like the trust needs loving care to keep growing. This all makes sense why you would consider keeping a “huge secret” from your spouse—but there’s a lot to consider. In general, as tempting as secrecy can be to avoid conflict or other problems in relationships, it erodes the foundations of these relationships. You can express gratitude to your child that they are trusting you, and show empathy about wanting to keep a secret, while also encouraging openness and honesty with their biological parent. If you explain to your stepchild your own discomfort keeping the secret, it models for them the importance of trust between spouses as well. Since your stepchild clearly trusts you, you can use this to explore the reasons for secrecy. Ask them, what are they afraid will happen if their biological parent knows the secret? What do they need to feel more prepared to disclose? You can offer to role play the conversation or to be present at the actual conversation, for support. Maybe you even have tips for how to present the secret in a way that will be most effective for your spouse’s style and personality. RELATED: 4 Ways to Connect Better With Your Teen A huge caveat to this advice: safety concerns. If you believe that revealing this secret would put the child in harm’s way, safety comes first. For example, if they disclose gay or transgender identity that could result in being kicked out of the home, other strategies would come before sharing the secret, like starting family therapy sessions or accessing other supportive resources. You are still in a tough position, but you can also be an instrumental part of the solution by helping steer the family ship in the right direction. If safety is not a factor, I suggest you and your stepchild come up with a plan to share the secret. If you go through the steps of figuring out the reasons why they don’t want to tell their biological parent, problem-solve with them, and if they still refuse, you can give them a deadline before you disclose the secret. This will allow them time to process what you have talked about, which may be a lot to digest, and hopefully come to understand all the reasons the secret needs to come out. The worst-case scenario is that you end up telling your spouse with the child fighting it every last step, and feeling like you are putting your relationship with them at risk. But again, you are also balancing your marriage! Think of how your spouse would feel finding out later that you harbored a “huge secret” about his child, because let’s be honest, secrets usually eventually spill. And that would be an even bigger mess. RELATED: Are You Keeping Secrets From Your Husband? As parents, we have to take positions that feel painful in the moment, but we know are better for our children long-term. In this situation, you are teaching your child that trust in families does not include secrets, but plenty of love and support. Submit your parenting questions here, and they may be answered in future ‘Ask Your Mom’ columns. Emily Edlynn, Ph.D., is the author of The Art and Science of Mom parenting blog and a mother of three from Oak Park, Illinois. She is a clinical psychologist in private practice who specializes in working with children and adolescents. Read more ‘Ask Your Mom’ columns: Image source: Getty Images Money fights are common in a marriage – but there are ways to avoid them. Here are some ways my husband and I avoid fighting about cash. Money fights are common in a marriage -- but there are ways to avoid them. Here are some ways my husband and I avoid fighting about cash. My husband and I have been married for eight years. In all that time, we have never once exchanged a cross word about money. This puts us in the minority of married couples, as money is one of the leading causes of relationship strife. Our ability to handle finances without fighting definitely isn't magic and it's not because we're both perfect when it comes to spending and saving (although I wish that was the case). It's because we've been really strategic about the way we handle finances, especially since he's a saver and I tend to be a spender. If you find yourself in a position where you're having fights with your beloved about finances, perhaps some of our tricks could help you. Here are the steps we've taken to make sure we never get into fights about our money. 1. We've come to a consensus on big goals -- and automated the steps to achieve themOne reason we never fight about finances is because we took the time to get on the same page about the big stuff -- like how much we need to save for retirement, what we need in emergency savings, and how much to spend on a house. We had these conversations before we got married and we re-evaluate once a year or if something big changes. Like when we recently decided to have a baby.It took more than one discussion to come up with a broad financial plan. But once we did, we automated the process to achieve our goals. This means we transfer money automatically each month to our savings accounts, retirement funds, and our mortgage (previously our house down payment fund). By making sure money goes effortlessly where we need it to, we don't need to rehash these decisions over and over -- and neither of us is responsible for paying the bills. The automated transfers never change unless we agree they should, which means the bills get paid without any effort and without either one of us questioning where the money is going. 2. We saved up an emergency fund before doing anything elseIf you don't have money put aside, figuring out how to pay unexpected expenses can cause a lot of money fights. It often means making cuts from your budget and you may not be able to reach a consensus on how to do that. Surprise expenses can also lead to credit card debt, which can cause financial worries that lead to further relationship strife.My husband and I eliminated the risk of unexpected expenses by saving up an emergency fund immediately. We cut our spending to the bone and didn't spend on anything frivolous until we had three months worth of living expenses saved up in our emergency account. Then, over time, we worked on building up the account even further. This emergency fund means we don't have any stress if a surprise costs creeps up -- and we don't have to fight about whether we can afford it. We just take the money we need out of the account and then work on building back the savings. This was a lifesaver recently when our dog got sick, as we could get her the expensive surgery she needed without the additional worry of making difficult sacrifices that we might not agree on. 3. We have our own separate cash to spend on anything we wantAnother big reason why we don't fight about money is that neither of us tries to tell the other what to do with it. We each contribute a set amount to our shared goals (with those automated payments mentioned above) and put our household expenses onto a joint credit card bill. The rest of our money goes into separate accounts and we each spend it -- or invest it -- however we like with no question or oversight from the other person.This evolved out of necessity for us because we're both self-employed and maintain separate business accounts. But it has turned out to be one of the best decisions in our marriage. My husband invests in some things I don't think are wise, but I don't question what he does with his cash just as he never questions what I do with mine. Since we know we're both working towards our shared goals and accomplishing what we need, we don't need to monitor each other's spending or seek permission about purchases. With the freedom to do what we like with a good portion of our monthly income, there's no reason for us to ever disagree. 4. We celebrate each other's differences Finally, the single biggest reason why we never fight about money is because we've chosen to celebrate the totally different attitudes that we have towards finances.I appreciate that my husband is more of a saver and is more cautious about money because he inspired me to put more into savings than I would have on my own. I don't get annoyed that his focus on saving may mean I can't buy everything I want right away, because I know he's taking care of our future financial security and looking out for us as a couple. At the same time, he chooses not to get perturbed about my spending habits. Instead, he has decided to focus on the ways I've helped him to enjoy life more by encouraging him to spend on some amazing experiences he might not otherwise have had if he'd stuck to his overly frugal ways.Fights about money can come to an endUnless your partner is being financially unfaithful or is truly irresponsible with spending, there's no reason to ever fight about money. If you can come to a consensus on the big goals and automate the process, prepare for emergencies, and give each other flexibility, you too can have a relationship free of money fights once and for all. Many people are missing out on guaranteed returns as their money languishes in a big bank savings account earning next to no interest. The Ascent's picks of the best online savings accounts can earn you more than 8x the national average savings account rate.

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