

# KEEPING THE PEACE

SO MANY COUPLES SEEM STUCK IN DISHWASHER-BASED CIRCULAR ARGUMENTATIVE LOOPS THAT NEVER END

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It's time to simplify your reading in the follow-up to being inspired with incredible wisdom, week after week, in my recent series, Relationship Influencers. Those over-achieving and very clever Sunshine Coast couples and individuals who've moved and inspired us for months in this column have certainly left me feeling like a bit of an under-achiever. I do believe I'm about to make an amazing impact and contribution to society with a very important topic that keeps rearing its rather odorous and annoying head in the counselling room – the dishwasher.

Anyone who is or has been in a relationship and owns or has owned a dishwasher can attest to this universal truth. At some point, you have argued about how to stack it properly.

...or about whether a dish has been left in the sink rather than being stacked in the dishwasher.

... or whose turn it is to put the little dishwasher tablet into the thingy in the first place (or should it be put in there at all?)

... or when and who hits the "start" button? Basically, the dishwasher has threatened the peace of many homes more times than I can remember.

Why? Why does this shiny, sleek and innocuous piece of hardware keep causing these inane arguments? Why do couples let it cause these arguments? Is it stubbornness



Arguing over the washing-up can be a symptom of bigger issues at hand. PHOTO: AGENCY

about our way to do it that we never seem to make any clean leeway?

I know that so many couples get stuck in dishwasher-based circular argumentative loops that never end. It's like Lambchop's *The Song that Never Ends!* Google it – it's more annoying than *Let It Go* but maybe not as bad as *Who Let The Dogs Out*.

Could it be a symptom of:  
 ■ Differing value systems? That is, you and your partner both have different values that are expressed in how you believe things should be done. When these values clash, you have arguments. Obviously "how to stack a dishwasher" should be relatively low on people's values in a relationship.

■ There are far more important things like money, parenting, sex, commitment, etc. When those big value items are in synchrony, is it the little value items that become the daily recurring arguments that bring you down?

■ Finding yourself in a controlling relationship?

■ Neurobiological differences between the sexes?

■ Something dark and deeper below the iceberg of your personality?

Whatever the reason, it's a war of attrition where everyone loses, and the plates always have little bits of food stuck to them.

How do you escape these recurring arguments that could be the dirty fork in the road of your long-term marital bliss? I've negotiated this issue far too many times so, as a self-proclaimed Dishwasher Mediator, I'm going to impart my expertise on this topic next week. It's well researched with proven success, so you won't want to miss it.

In the meantime, I'm giving away a box of dishwashing tablets (any of the big brands are welcome to sponsor me for naming rights) for your best contribution on a solution for couples challenged by this topic. Email me at [jo@theconfidantecounselling.com](mailto:jo@theconfidantecounselling.com) by COB Monday.

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- Thyroid dysfunction

Kayla is our beautiful Dietitian that has such a compassionate approach to patient centered care and evidenced based nutritional recommendations.

Kayla is very understanding and conscious of day to day difficulties faced when trying to improve your diet and offers real life solutions and strategies that will fit in with your lifestyle.

