

The Mom Test

I was out walking with my 5-year-old daughter. She picked up something off the ground and started to put it into her mouth.

I took the thing away from her and asked her not to do that.

"Why?" she asked.

"Because it's been on the ground, and you don't know where it's been. It's dirty. And it probably has germs."

At this point, my daughter looked at me with absolute admiration and asked, "Mom, how do you know all this stuff? You are so smart."

I thought quickly and replied, "All moms know this stuff. It's on the Mom Test. You have to know it, or they don't let you be a Mom."

We walked along in silence for two or three minutes, but she was evidently pondering this new information.

"Oh, I get it!" she beamed, "So if you don't pass the test, you have to be the dad."



One-Sided Relationships



Relationships can become out of balance and one-sided, if we don't occasionally check in with each other.

One of the most beautiful qualities of an intimate relationship is the give and take of energy that occurs between two people. In the best-case scenario, both people share the talking and listening, and the giving and receiving of support, equally. Occasionally, within any relationship, the balance shifts and one person needs to listen more, or give more. Generally, over a long period of time, even this exception will take on a balanced rhythm; we all go through times when we take more and times when we give more.

However, there are also relationships in which the balance has always felt one-sided. You may have a friend whom you like, but you have begun to notice that the conversation is always about their life and their problems and never about yours. You may also have a friend who seems to require an inordinate amount of support from you but who is unable or unwilling to give much in return. Over time, these relationships

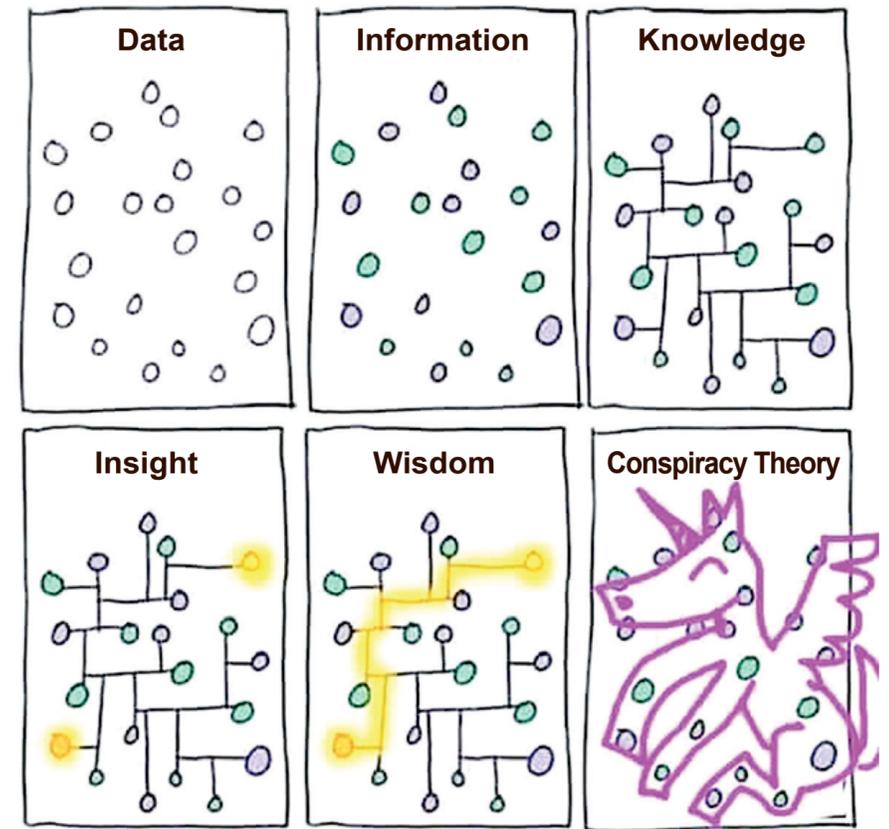
can be draining and unsatisfying. One option is simply to end the relationship, or let it fade out naturally. Another option is to communicate to your friend that you would like to create a more equal balance in which your concerns also get some airtime. They may be taken aback at first, but if they are able to hear you, your friendship will become that much more sincere. They may even thank you for revealing a pattern that is probably sabotaging more than one relationship in their life.

A third option is to simply accept the relationship. There are many one-sided relationships that actually work. One example of this is a mentor relationship in which you are learning from someone. Another example is when you are helping someone who is sick, disabled, or otherwise needy. In these instances, you can simply be grateful that you are able to help and be helped, trusting that the balance of give and take will even out in the big picture of your life.

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TEN SIGNS OF SLEEP DEPRIVATION

- 1) YOU'VE NOT TAKEN ANY HALLUCINOGENS, BUT YOU SWEAR THAT MRS. BUTTERWORTH SPEAKS TO YOU EVERY TIME YOU OPEN THE PANTRY DOOR. AND SHE'S NOT AS NICE AS SHE LOOKS.
- 2) YOU'VE NAMED THE BAGS UNDER YOUR EYES SAMSONITE AND CARRY-ON.
- 3) FOR NO OBVIOUS REASON, YOU'RE Madder THAN BILLY RAY CYRUS WATCHING THE 2013 MTV VMAs.
- 4) YOU TALK SO INCOHERENTLY THAT PEOPLE THINK YOU ARE EITHER DRUNK OR SINGING SNOW'S "INFORMER."
- 5) YOU CAN'T REMEMBER WHERE YOU PUT YOUR CAR KEYS. OR YOUR CAR. OR THE PEOPLE THAT ARE SUPPOSED TO RIDE IN THE CAR WITH YOU.
- 6) YOU LOSE ALL FASHION/MAKEUP SENSE AND LEAVE THE HOUSE LOOKING LIKE MIMI FROM "THE DREW CAREY SHOW".
- 7) THE HOT, DIRTY CEMENT OF THE TARGET PARKING LOT LOOKS JUST AS COMFORTABLE AS YOUR BED.
- 8) YOU WATCHED "DONNIE DARKO" AND IT MADE SENSE.
- 9) YOU NOD OFF WHILE WAITING FOR YOUR FOOD TO WARM IN THE MICROWAVE.
- 10) YOU'VE UPGRADED FROM DOUBLE VISION TO TRIPLE.



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