

Week #7

When You Are Married to a Backseat Driver - The Solution

Practically, there are some things that can be put in place to help alleviate backseat driving as a trigger.

First and foremost, backseat interjections aren't just frustrating, they can be dangerous. Backseat driving can be a distraction for the driver which can place everyone at risk.

The need to prevent an accident may actually be what causes one!

Suggested tools:

1. Make your backseat driver aware of the dangers. A distracted driver is more likely to be in an auto accident.
2. Tell the backseat driver how you feel. Let them know that their nagging and fretting is hurtful.
3. Give the backseat driver a task. Check in with your spouse so you are both aware of the best route to take.
4. Plan your trip. Most direct route or the scenic route? Time for a break now and then or make a beeline for the destination? Pack a lunch or stop at a restaurant?
5. Find something to listen to. An audiobook or a podcast allows you to be entertained and have something to bond over.
6. Consider changing your driving skills. Sometimes it is necessary to look beyond our own pride and embarrassment and allow the suggestions to resonate.

To summarize, put the brakes on angry reactions. Get on board with being a flexible, humble, and loving passenger. Take to heart the advice of your spouse when behind the wheel. The result will put you in the driver's seat.

Next week - When Finances Cause You to Clash - The Problem