

## Top 10 Indicators that We May Need to Emotionally Leave Mom and Dad

- 10. We occasionally call our spouse by our opposite sex parent's first name.
- 9. We are compelled to visit our mother every other weekend just in case some light bulbs need changing.
- 8. We have never celebrated a major holiday (Christmas, Thanksgiving, Easter, July Fourth, President's Day, National Secretary's Day) at our own home apart from Mom and Dad.
- 7. We still carry Dad's Exxon Card-and we still use it!
- 6. Mom still calls to tell us we need to wear a jacket because it's so cold.
- 5. After 47 years of marriage, our elderly mother offers to pay us \$2000 per monthto leave our spouse and move back home to take care of her.
- 4. We're still not sure what our favorite color is-we always pick what Mom likes.
- 3. The whole family hates our meatloaf recipe, but we still cook it once a week because "It's Mom's recipe, and Dad liked it!"
- 2. We're buying a house where Dad is carrying the note-and we haven't made a payment in five years.
- 1. After 15 years of marriage, our mother-in-law still drives 100 miles twice a weekto give our spouse an allergy shot because "I'm the only one who can stick him so it doesn't hurt."

## Be CoupleStrong.