

## OLD RULES NO LONGER APPLY

You may think that retirement will allow you to spend a great deal more time with your spouse. But what you might have not considered is that your spouse is not really interested in spending all of that extra time with you.

I know that this maybe hard for you to hear but just because you now have 50 extra hours a week of free time on your hands doesn't mean that your spouse will want to spend 49 of those hours with you.

If you plan on spending more time at home you must understand that OLD RULES NO LONGER APPLY.

Maybe when you were working the arrangement you had with your spouse was that one of you was responsible for grocery shopping and meal preparation while the other's responsibilities included taking out the garbage, fixing things around the house and tending to the lawn.

Well guess what- YOUR PARTNER MARRIED YOU FOR BETTER OR FOR WORSE BUT NOT FOR LUNCH EVERYDAY!

So now that you are no longer working, you can't expect 3 COOKED meals a day. You are going to have to learn to fend for yourself.

Unless you find a way to communicate with your spouse and establish new roles and new roles for this stage of your life, you will find yourself in a world of pain and frustration.

So here are some issues you should clarify with your spouse when planning for this next life stage:

### **Revisit your marriage contract**

When you were first married, you and your partner developed a contract that dictated who would do what. This contract may have been written, discussed or just adapted based on your beliefs and expectations of each partner's role within their marriage. It is now time to revisit this contract and adapt it to this next phase of life.

You need to clarify the following:

How much time will you spend alone? How much time will you spend with your spouse?

Do you have activities that you will pursue together? Do you plan on engaging in activities alone?

Do you share the same interests? Do you have different interests?

Do you spend your money in the same ways or are one of you a saver and the other a spender?

Stay tuned for the next newsletter and I will give you some more tips on how to negotiate retirement with your spouse.

As always if you have any comments, questions or suggestions please do not hesitate to contact me at [gill@directionsrc.com](mailto:gill@directionsrc.com)

Until then,

To your retirement success!

Gillian

Gillian Leithman is the president of Directions Third Age Consultants Inc, a company dedicated to helping people prepare for their emotional well-being in retirement.

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