

What 'Happy' Actually Means Here

Before we go any further, I want us to be very clear about one thing: when I say happy, I am not talking about the butterflies you had on your first date. I am not talking about that beginning-of-the-relationship high where you cannot stop thinking about him, everything feels exciting, and you are convinced this is going to be perfect forever.



We are not trying to recreate month one for the rest of your life. And I am definitely not promising that he wakes up one morning with a completely different personality and suddenly communicates like the man in a couples therapy commercial.



That is not the goal.



When I say happy, I mean:



Less conflict



More calm



Less chaos



*More predictable
days*



*Less emotional
labor*



*More energy for
your kids, work, body,
friends, hobbies, and
goals*



*Less time replaying
the same stupid
conversation in
your head*



*More of your
own life*

Maybe that sounds less sexy than butterflies. I believe calm and peace are totally underrated. Waking up and not immediately checking his mood is huge. Getting through a day without one stupid comment ruining the next six hours is huge. Having energy left for yourself after dealing with your relationship is huge.



The real goal is a calmer life, not a perfect man.

You may have to change what happy looks like in this relationship. Maybe you once thought happy meant everything would feel equal, easy, romantic, and emotionally perfect all the time. Maybe now happy looks more like understanding what is happening, not getting pulled into every fight, recovering faster, protecting your peace, and having a life that still feels like yours.



Happy here means your life starts feeling like yours again. That is the expectation. That is what we are working toward.



*A calmer life
is a brighter
you.*

