



WANT MATCHES

Has anyone you know ever tried to twist your arm to go somewhere or see something or watch a show that you're really not that interested in?

Has anyone you know asked you to go somewhere or see something or watch a show that you're completely thrilled about?

In one situation we have a Want Match and in the other we don't.

In the first scenario someone may really love a particular restaurant, they are so keen to take you there and while you really don't like that cuisine they ask you often enough that you feel obliged to go. They watch you eat every mouthful hoping you will be won over by the experience. When you're not, they may feel deflated and disappointed.

We've probably all had an experience like this, whether it's a movie, tv show, play, gallery, restaurant, sightseeing or some other experience. Against our better judgement we agree. They want us to have a great time and are disappointed if we don't. We either give our honest opinion or we don't.

A Want Match is the complete opposite of this. They want to see a movie tonight. You want to see a movie tonight. They want to see a comedy. You want to see a comedy. They want to sit in the middle of the theatre. You want to sit in the middle of the theatre. It's all good. You're in complete alignment with each other. No sacrifice involved.

There's another type of Want Match. One where we may not have all the exact same preferences, but we don't have strong opinions on some details.

They want to see a movie tonight. You want to see a movie tonight. They want to see a comedy. You want to see an action movie. They want to sit in the middle of the theatre. You want to sit in the back of the theatre. They have a strong preference for comedy, you don't have a strong preference for action so you see a comedy. You have a strong preference for sitting in the back of the theatre, they have a slight preference for middle so you sit at the back. It's all good. No major sacrifices involved.

When we share a home with someone else and they have different ideas and preferences about how often to clear, organise, and clean a space it can result in some friction.

It's really helpful to work out where your Want Matches are so that you can align where you can, compromise where it's easy, and negotiate equitable solutions where you have very different wants.

It takes a little upfront time and it saves a lot of ongoing time and potential resentment to sort things out as early as possible.

A need is simply a more urgent want. You don't have to wait until the level of urgency becomes so high that you feel you must resolve your different approaches immediately.

It's ok to want what you want. Neither person is right or wrong for wanting what they want. Getting on the same page involves some paper and some curiosity.

I WANT

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Here's what this looks like in practice:

Laundry	You	Them
Frequency	Daily Strong preference	Weekly Strong preference
Sorting to wash	Two loads: Colours and Whites Strong preference	Three loads: Clothes, Towels, hand wash only Strong preference
Washing	Long hot cycle Mild preference	Short cold cycle Strong preference
Hanging/Drying	Line dry Strong preference	Dryer Strong preference
Sorting to put away	By person Mild preference	By person Mild preference
Folding	Up to each person Mild preference	Don't do it at all Strong preference
Putting away	Up to each person Strong preference	Up to each person Mild preference
Responsibility	Alternate days Strong preference	Alternate weeks Strong preference

Not many want matches in this scenario, but there are some to build on and with curiosity you can explore what aspects of each task are important.

For example the long, hot cycle may only apply to a few items, sorting the clothes for washing may be okay to create four loads to cover each person's preferences. Line drying may be something that's prioritised in summer and the dryer used in the colder or wetter months. Some washing loads might be done every second day and one of the four categories might be done weekly. There's room to work out where to create Want Matches and to then test them and see how they go. Keep open communication and adopting an attitude of curiosity can help you both discern what aspects work well for the household and what might need some refinement.

If you need some help exploring your Want Matches, book a Pick My Brain session at www.kerrynsimmonscoaching.com and I'll help you find some alignment.

