



Sanity

<p>Sanity?! - No. Not possible with such upheaval</p>				<p>My partner makes so many mistakes it drives me crazy</p>
	<p>I find my moods are overtaking me and our home project</p>	<p>My partner gets so moody - it is hard to live with</p>		
	<p>When upset, the last thing I do is talk! - don't know what to say</p>		<p>They are so serious - and just hate any mistakes</p>	
<p>I resent them and how they spend their time</p>		<p>We fight and get angry and are not having fun</p>	<p>We wonder if it is all worth it</p>	

Sanity

Sanity - now?

So? Why is this chapter at this end of the book? Yes, it seems funny, since this is the whole reason I wrote the book and the main reason you are reading it. Seems funny for the topic of sanity to come here - after you have read all this other stuff and started all those communication things. Gosh, if you could have skipped that emotional muscle building and stuff and just cut to here - wouldn't it have been a smart shortcut? Well, no. Not really. Those things are how you get to here - sanity is going to be achieved by understanding each other and mapping your way together. It is by accepting yourself and your partner that you will navigate your projects and your family life together.

**Renovation Psychology:
*The pursuit of sanity
when your house is
under construction***

So what do we expect? Let's remember that you are not professional renovators. Mistakes will happen. When they do, it is time to stop and remember the treasures of your relationship: how nice it is that your partner cares enough to try to help, and how meaningful it is that you want to fashion a home of permanence together that is special to you both. This gratitude may be hard to conjure when you see a caved-in room of concrete and dust... but remember, "It's only a renovation..."

Such images may be far beyond what you will ever encounter, but preparation is a key to resilience, and that is what you will need from time to time. It is a good idea to write some affirmative statements about each other and the job you are tackling, and read them aloud when things get hung up. Perspective will see you through. And some great ideas may spring from mistakes. In any case, even redoing a job is likely to be less costly than having someone else do it to begin with. Even the penny counters should remember that.

As you face challenges, try to put a smile on your face and be thankful for all you have: a place to wreck, a partner who will humor your interests, and a free country to do it in!

God bless you!

Renovation Psychology: Putting the Home Team to Work

Moods

You will have many moods as you work on any schedule of projects. Not all your moods will be cooperative, kindly, efficient, inclusive, or patient. If you can catch these some of the time, that is just plain good. But you will still need to work on most projects even when you are in sour moods, or they will just not get done.

How you handle these moods and your agenda will show a lot of things. A lady was told not to judge a man by whether he brings you flowers but by how he handles losing his luggage.

We can all improve our character, and this includes using the DIY experience to help us hone our life- skills and emotional resourcefulness.

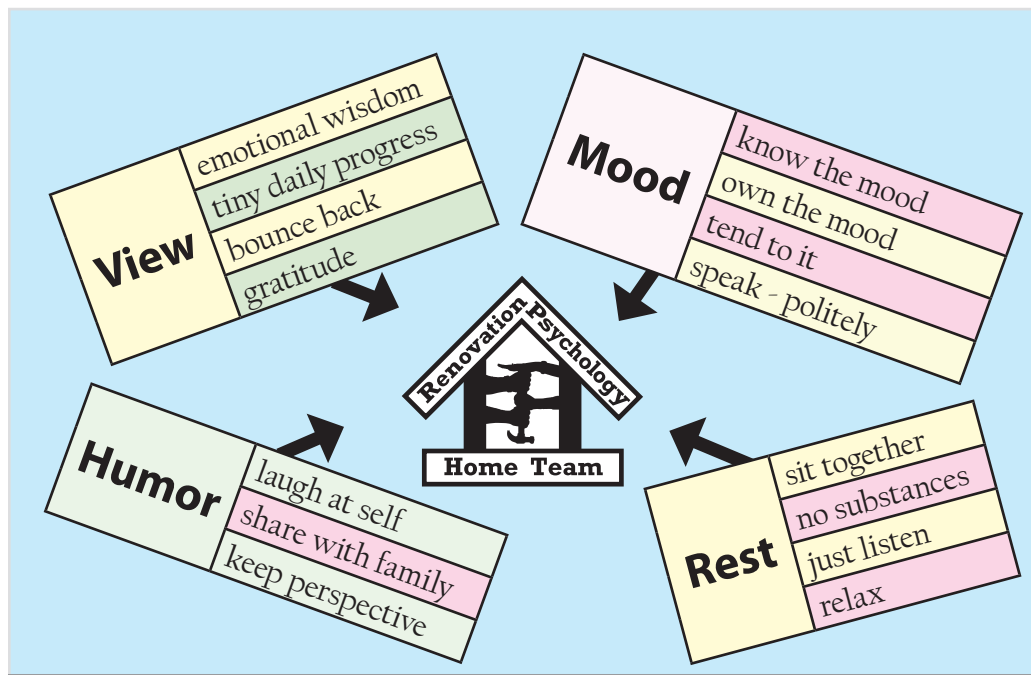
Reading your own barometer

It is important to notice your own moods, or at least be able to read feedback from others about your suitability for human contact. When you are out of sorts, go and regroup. Make a new plan; one that accounts for your moods and any frayed edges. If you are particularly lonely, you may want to ask someone to hang out with you as you work. If you are irritated with the world, you might ask others to plan to be elsewhere.



But a word of advice: speak up! Yet do it with polite words. Practice speaking for a moment in your head before blurting it out. Do not imagine others will just know what you are thinking and needing. It will take effort sometimes to communicate, but you might learn about plans and facts that you otherwise would not know. Isn't that a lot like life? Yep.

Communication pays off, no matter what your mood. It may have different flavors, but using basic manners will yield some good results and get you all back on track again. That is the point. When we realize temporary difficulties are just that: temporary, then we can emotionally roll on, and things will often straighten out as we continue on with our good plans.



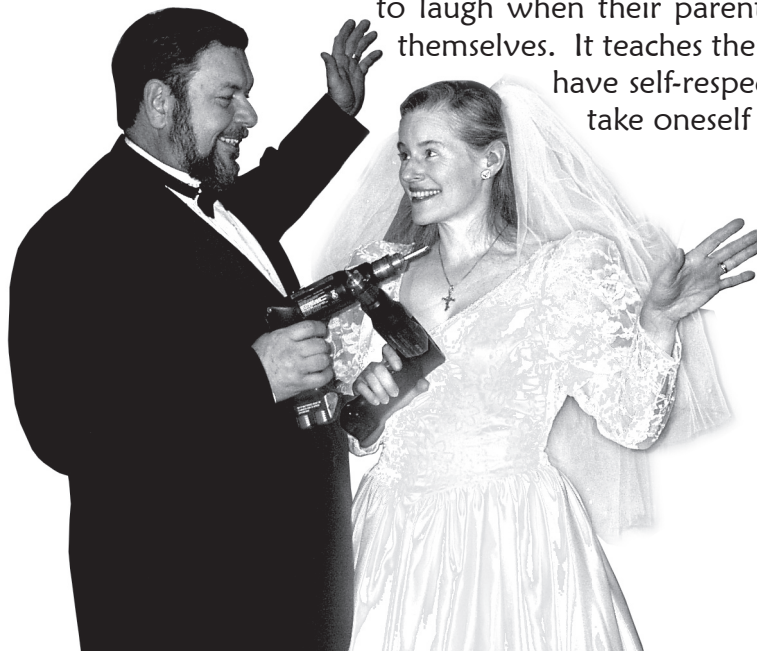
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Building resilience in the family

If you have kids, they may provide some building help (in our fantasies). But really – you could assign them the job of taking pictures and posting them up for before & after comparisons. Call it “America’s Funniest Home Videos” or “Candid Camera;” or, you can let them choose a “pick of the week” photo as you let them shoot the project work with their digital or video camera.

Sometimes, especially when I work along side my sister, I find we just buckle into stitches as we see how silly we end up looking in such strange situations. You may find it fun to look over your pictures together, and even let yourself be teased as you enjoy the fun and adventure of trying all these things for the first time.

Spending time with your family and laughing, even at yourself, is a very healthy thing for all of us. For your children it communicates the concepts that taking risks is worth it, mistakes are for learning, and learning is fun. Kids love to laugh when their parents can laugh at themselves. It teaches them that one can have self-respect and also not take oneself too seriously.

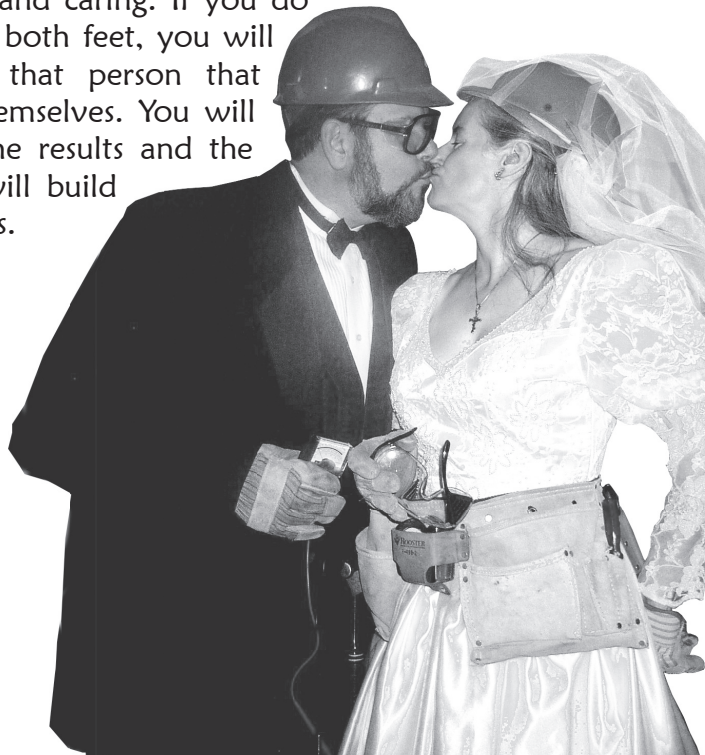


Bleary-eyed breaks can still be Family times

Sitting around together and having some family time at the end of the day is also a healthy way to release any tension from the project during an otherwise absorbing period.

Keep the TV off and forget about the beer. Find a place to sit, sip tea, breathe, and let your mind unwind. You may have spent the prime of the day on the project; everyone will understand the greater good of that, but it is late and you can still ask how everyone is, how was their day, and listen quietly to their stories. You may even listen better if you are too tired to butt in. You don't have to solve the problems of the day; you are just listening for some comforting time with the people you love.

Actually fixing others' problems is often less helpful than listening and caring. If you do not jump in with both feet, you will communicate to that person that they can fix it themselves. You will be surprised at the results and the confidence you will build in your loved ones.



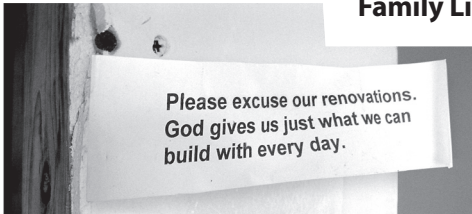
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Daily Progress feeds the soul

In a longer project, doing a positive task every day or every week builds morale. Try to keep up the momentum, and plan on even short parts of the project to catch some forward movement. Prep work done in small batches will actually help a longer work day run smoothly.

Signage tells it all

Family Life and bare 2 by 4s



We find that posting an “under construction” sign helps us deal with drop-in company and also is an unconscious message to ourselves that there is a reason that the place looks like this.

Notes from Sanity

Love & Moods - OK here we go

Love filters are good for both of your sanities

Make a list of 3 or more reasons you love your partner

Post it in the Communication Center

Moods

Reading each other's barometers can be a help

Here it can be a great skill to share with your partner - how to read your barometer and what you need to do in the different phases of mood

Fill out for yourself:	What are the facial/physical clues that you are: (make separate lists for each of you - 'cause everyone is different)	
	Name:	Name:
Happy		
Busy		
Doubting		
Tired		
Bored		
Overwhelmed		
Baffled		
Frustrated		
Satisfied		
Eager		

Now, talk them over together at your Communication table

And talk about what interactions might be welcomed at any of those times, if the other wants to interact?

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