



WHY DO I HATE MY WIFE?

Why may you hate her?



She is not emotionally available for you and does not prioritize you.

She nags a lot and is hardly appreciative of you and your efforts.

She does not respect you and avoids physical intimacy.

She hurls insults at you during arguments.

What can you do about it?

Have a mutual conversation and discuss what can be done to improve the situation.

Tell about her behavior lately and use "I" statements while explaining it's affecting you.

Don't be bitter in return. Instead, try to stay calm and listen to her explanation.

If there is no hope for things to improve, moving on from the relationship may be better.