# Are you doing all the work in your gay marriage?



A recent column on relationships in The Washington Post has sparked conversation among the LGBTQ+ community regarding equality in partnerships, specifically in same-sex marriages. An anonymous letter from a gay man, identifying as "Tired Husband," expressed frustrations over the perceived imbalance in responsibilities within his marriage. He noted that, despite being married for six years and both partners working full-time, he feels like he bears the brunt of problem-solving and household chores.

The Tired Husband articulated his discontent, saying that whenever an issue arises, his spouse defaults to him for resolution. He stated, “I want a husband, not a wife.” This phrase prompted columnist R. Eric Thomas to explore the implications of gender stereotypes within relationships, even in the absence of a female partner. In his response, Thomas highlighted that the sentiment expressed has sexist undertones, suggesting that dependence communicated as needing a "man" to take charge is indicative of larger societal issues connected to gender roles.

Thomas suggested alternative ways for the husband to communicate his feelings, proposing that he could express, “I feel overburdened; I need you to step up for me” instead of invoking traditional gender roles. He pointed out that such phrases could lead to a more constructive dialogue. The component of vulnerability was also noted as crucial for both partners to engage in meaningful communication.

In a bid to encourage balanced task-sharing, Thomas recommended a card game called "Fair Play," designed to help couples identify and redistribute household duties. This suggestion aims to facilitate healthier discussions about responsibilities in relationships, potentially addressing inequities experienced within partnerships.

In addition to the relationship discourse, the column also addressed financial concerns of parents with disabled children. One reader, under the pseudonym "Parent of a Disabled Adult," provided information on federal accounts like ABLE plans, which allow individuals with disabilities to accumulate savings without jeopardising benefits such as Supplemental Security Income. This financial tool allows contributions of up to $18,000 a year and offers access to funds for essential living expenses.

Thomas expressed gratitude for the insights shared, encouraging the concerned mother to consult with financial professionals to explore these options thoroughly. The ABLE Plan National Resource Center was also mentioned as a valuable resource for parents looking to secure the financial independence of their children with disabilities.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://nnedv.org/latest_update/marriage-equality/> - Corroborates the importance of marriage equality for same-sex couples, including the legal protections and rights afforded by the Obergefell v. Hodges ruling.
* <https://www.ccis.edu/about/diversity-equity-inclusion/conversations/marriage-equality> - Supports the significance of marriage equality in providing equal rights, benefits, and obligations for all families, regardless of sexual orientation.
* <https://en.wikipedia.org/wiki/Same-sex_marriage_in_the_United_States> - Provides detailed information on the legal history and current status of same-sex marriage in the United States, including the Obergefell v. Hodges ruling and subsequent federal recognitions.
* <https://www.ablenrc.org/> - Serves as a resource for information on ABLE plans, which allow individuals with disabilities to accumulate savings without jeopardizing benefits like Supplemental Security Income.
* <https://www.ssa.gov/ssi/spotlights/spot-able.htm> - Explains how ABLE plans work in conjunction with Social Security benefits, allowing individuals with disabilities to save money without losing eligibility for certain benefits.
* <https://www.irs.gov/individuals/able-accounts-frequently-asked-questions> - Provides details on the financial aspects of ABLE plans, including contribution limits and how the funds can be used for essential living expenses.
* <https://www.thefairplayway.com/> - Introduces the 'Fair Play' card game as a tool to help couples identify and redistribute household duties, promoting healthier discussions about responsibilities in relationships.
* <https://www.psychologytoday.com/us/blog/the-empowered-woman/202101/how-communicate-your-needs-in-relationship> - Offers insights into effective communication in relationships, including expressing feelings and needs without invoking traditional gender roles.
* <https://www.healthline.com/nutrition/gender-roles-in-relationships> - Discusses the impact of gender stereotypes on relationships and how these stereotypes can affect communication and task distribution within partnerships.