

Forum:[Hack Forums](#)

Thread: [I get unreasonably angry when my wife is sad.](#)

YeahDude13 - August 7, 2024, 4:08 am

Lately my wife has been going through it. Her dad has cancer, she's stressing about getting her Masters degree, and being a new mom during paternity leave has all made her so sad lately and it's been annoying the fuck out of me.

I don't really take it out on her because I know that would make it worse but I do get short with her sometimes and annoyed that she's still always sad.

Am I the only one who can't stand to be around sad people? Like, go talk with a therapist or something and keep that sad shit away from me.

Zalbai - August 7, 2024, 4:57 am

(Aug 7, 2024 04:08 AM)YeahDude13 Wrote: [\[CITE\]](#) Lately my wife has been going through it. Her dad has cancer, she's stressing about getting her Masters degree, and being a new mom during paternity leave has all made her so sad lately and it's been annoying the fuck out of me.

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Am I the only one who can't stand to be around sad people? Like, go talk with a therapist or something and keep that sad shit away from me.

She might be going through a lot of stress. Don't forget that many things are difficult for her and she needs support right now and I'm thinking especially from you.

I can understand that for some people it can be difficult to be around sad people, especially if that person is a positively charged person who strives for a positive way of life.

If you really love her, why don't you try to support her during this difficult time?

YeahDude13 - August 7, 2024, 5:18 am

(Aug 7, 2024 04:57 AM)Zalbai Wrote: [\[CITE\]](#) She might be going through a lot of stress. Don't forget that many things are difficult for her and she needs support right now and I'm thinking especially from you.

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If you really love her, why don't you try to support her during this difficult time?

When you say "support", what do you mean? I'm here for her every single day. I take over with the parenting duties as soon as I get home. I listen to her and console her when she needs to vent. I handle the financial responsibility of the household. In my mind, I am supporting her.

It still doesn't make it any less annoying to be around.

Zalbai - August 7, 2024, 5:28 am

(Aug 7, 2024 05:18 AM)YeahDude13 Wrote: [\[CITE\]](#) When you say "support", what do you mean? I'm

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It still doesn't make it any less annoying to be around.

It sounds like you're actually doing a lot to support your wife, and that's really important during such a stressful time. It's understandable that you might feel frustrated if her sadness is also affecting you and it's distressing for you.

Perhaps it might be helpful to think about the kind of support she needs. Sometimes support doesn't just mean doing practical things or listening, but also showing emotional connection and understanding.

It might be beneficial for both of you to talk openly about your feelings. Maybe you could share how you're feeling without making her feel like you can't handle her sadness. Honest communication about your respective stresses could perhaps help find balance and develop a better mutual understanding.

YeahDude13 - August 7, 2024, 7:15 pm

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Well said. She is easy to talk to. I suppose that's always a great place to start. Thanks for the reply!