

How to Stop Fighting with Your Husband About Your Business

Make Peace at Home without Sacrificing **Your** Inner Peace



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Let's Get Started!



This is for you if —

You love your business—and you love your family.

You're not trying to choose between them... but sometimes, it feels like you're being asked to.

You find yourself in conflict with your husband around your business—

About how much you work or how much you want to work.

You hide your ambition to avoid conflict or criticism.

Your success creates tension instead of connection.

You've been made to feel guilty, selfish, or “too much” for wanting more, and as much as you want to believe you are on the right track, it's really hard with all that inner noise!

Keeping the peace feels like losing yourself.

You know G-d gave you this mission—but living it feels like a threat to your home.

You are ready to learn how to balance both!

You're probably feeling...

Drained from the constant mental load.

Guilty for wanting to work—or for enjoying it—like you have to hide how much it matters to you.

A little selfish, like you have to fight for yourself, even though you know this work is part of your purpose.

Like you're constantly trying to compensate—

Doing more, giving more,

Trying to prove you're still a good wife.

Trying to remind yourself you're still a good mother.

Hoping you're still spiritually grounded.

Dropping balls no matter how hard you try.

Maybe thinking you're lazy, bad at time management, or not put-together enough to really succeed.

Telling yourself you should be able to do it all.

Feeling resentful—and then ashamed for feeling that way.

You are ready to stop spiraling out of control!

What you really want

You dream that one day your business isn't something you hide or shrink—it's a real, important part of who you are.

➡ Your husband values what you do, even if he doesn't fully get all the details.

➡ You want to talk about your work openly—without walking on eggshells or fearing judgment.

➡ You can problem-solve together, as partners, not end up in arguments or shut down.

➡ You want to stop hiding your dreams, your worries, or the hard and messy parts of running your business. you want to stop feeling embarrassed or ashamed that you aren't perfect!

➡ You can hear his point of view without getting defensive—and for him to really listen to you too.

More than anything, you want a home where your calling and your marriage don't fight—

Where you lift each other up, and you both get to shine.

You want peace and a team player who gets you!

What's Actually Happening

The first step to stopping the fights is understanding what's really going on behind the scenes.

You want the fighting to stop.

But it keeps happening. Why?

Because when your husband says something that hits a nerve—your brain goes into defense mode.

It feels like he's attacking YOU.

So you shut down, snap back, or pull away.

Not because you're a bad wife—

but because your **brain is trying to protect you from pain.**

But here's what's really going on:

He's touching something sensitive...

and that sensitivity? It's NOT about him. It's about YOU!

He's hitting a nerve!

A clue that there's something deeper for you to look at.

Your husband was designed by G-d to be exactly the way he is.

Yes, even annoying, frustrating, or controlling—so that you could hear the **exact thing you need to hear** so you can take aligned action in your life and in your business?

The Three Steps to Defuse a Fight

I've broken it down into 3 simple steps so you can easily move through it even in the middle of a fight:

Step 1: Pause The Fight

Step 2: Find The Nerve

Step 3: Take Aligned Action

In the next couple of pages I'll break down each step so you are clear on what they mean and what's actually happening behind the scenes, and then I'll give you **real life examples** so you can see these steps in action.

These icons will help you follow along (and make it easier to remember):



Step 1: Pause The Fight



Step 1: PAUSE THE FIGHT!

Don't let the fight escalate, take a second to catch your breath and get back into your brain!

Next time your husband says something that makes you want to explode...

Instead of thinking “I’m being attacked,” “He doesn’t get me,” or “I can’t believe he thinks that about me...”

Don't let your pain take over!

Pause!

When you pause, you create a gap of space between the annoying thing he said or did – and your reaction.

This is the most crucial step because it opens up a ton of possibilities where this conversation can go next (instead of the only “ONE-WAY to a fight” that existed until now.)

Behind The Scenes: When you feel attacked, you become reactive. your brain wants to protect you and keep you safe. You end up blinded by the adrenaline of the fight. You usually responding with words or actions that aren't aligned to who you really are. Pausing helps you click out of that reactive “fight-flight-freeze” mode of your brain and instead turn on the thinking analytical brain.

Step 2: Find The Nerve



Step 2: FIND THE NERVE!

You are fighting because there is **something worth fighting for!**

What's the root cause of your fight? Why does it hurt so much?

Your husband hit a nerve!

With the pause, you created space for investigating.

Just between you and you, where no one else needs to know, can you start listening honestly?

- ➔ What is your husband actually saying?
- ➔ Why does it hurt so much?
- ➔ What's beneath the surface?

You see,

At the root of every fight is your calling

— whispering, trying to get your attention.

This fight is not really about your husband.

It's not about what he said or how he said it.

It's about something deeper inside you that's being **stirred up.**

Listen for the subtle message underneath the tension.

Behind The Scenes: You've had enough fights to know you don't want the same dance anymore. Going deeper may feel harder now, but it's the only way to break the loop and get you peace! It's worth it.

Step 3: Take Aligned Action



Step 3: TAKE ALIGNED ACTION!

You are done with the reactive, hurtful, drama-driven reactions. Now what's left is to **become intentional** about your next steps.

Become calm, clear, and focused on what's in your power and what actually matters to you.

You've made it this far—now it's time to step up.

- ➔ Rise into your leadership.
- ➔ Take responsibility for what YOU can control.
- ➔ Reconnect with your G-d-given mission.

**You are here on purpose!
Make your actions count.**

Behind The Scenes: Aligned action is action you take that will land you in your desired destination. It's thought out, reflective and intentional. From the surface it might look unrelated or disconnected from the original fight, but you'll know it's the root of the issue when you are able to heal something so deep inside you that makes all future fights unnecessary.

Use the following pages of real life examples to see it in action.

EXAMPLE 1

✨ **Your husband walks in and sees you working.** Meanwhile all you've been doing all day is jumping around from one task to another, feeling pulled between chores and work, feeling maxed out, completely overwhelmed, trying to balance it all and still have dinner on the table, everything is on you and you are ready to snap at the fact that you are carrying all this alone, when suddenly...

💬 *Your husband says:*

“You work too much!”

THIS SPARKS A FIGHT!



Your automatic reaction?

You justify the work.

You explain how important it is, why you're not the problem, why you're the one who has to do it, and do it this specific way. You come up with a slew of reasons why it's okay that you're on your phone, staying up late, or going overtime.

Here's what your husband is ACTUALLY saying:

You have too much on your plate.

You don't seem focused, you are less available for connection. You are using “busy” as a way out, an escape from reality. It may be helpful for you to get help, learn to manage your time and energy, or find ways to get less distracted.

G-d just put your husband here to point this out!

EXAMPLE 1

💬 Your husband says:

“You work too much!”



Step 1: Pause the Fight!

Take a break, go for a walk, sit down to journal or go to the gym. Whatever you need to do to get out of the overwhelming loop of tasks that are keeping you *hamster-wheeling*.



Step 2: Find The Nerve!

You also don't want to work too much. the whole reason why you started this business is so you can have freedom and work less. How did you end up this frazzled with no time for anything?



Step 3: Take Aligned Action!

You've made it this far – Now it's time to step up. What are you actually being called to do?

Rise into your leadership.

Sharpen your skills in delegation, support, and discernment.
Level up your time management, communication, and focus.

STOP: Doing it all!

STOP: Procrastinating, staying busy, and getting distracted.

EXAMPLE 2

✨ **You're the boss of your business**, you've poured your heart and soul into building something meaningful from the ground up, spending late nights figuring things out on your own, investing in the right type of support, learning new skills, pushing through self doubt and mindset drama just to make this dream work, trying to finally do something your way for once and feel confident in your own decisions, when suddenly...

💬 *Your husband says:*

“You should do it THIS way!”

THIS SPARKS A FIGHT!



Your automatic reaction?

You push him away. You stop sharing.

You avoid telling him about the decisions you're making.

And before you know it, you get short, dismissive—even disrespectful. You become resentful of his “help” and you shut him out because you feel smothered, second-guessed, and unseen.

Here's what your husband is ACTUALLY saying:

Are you sure? It sounds like you are doubting yourself.

You may be missing information. You may be too close to see the big picture. Maybe there is something you are overlooking. Maybe there's an easier way or a short cut your are unaware of? Or maybe you sound unsure...

G-d just put your husband here to point this out!

EXAMPLE 2

 Your husband says:

“You should do it THIS way!”



Step 1: Pause the Fight!

Take a break, go for a swim, sit down to meditate or go visit a friend. Whatever you need to do to get away from the bruised ego being second-guessed and feels belittled and unseen.



Step 2: Find The Nerve!

You know what you are doing. This is your baby and you have been pouring into it, so to be told what to do makes you second-guess yourself and question your life decisions. Why can't you just believe in yourself, feel more confident about your decisions?



Step 3: Take Aligned Action!

You've made it this far – Now it's time to step up. What are you actually being called to do?

Create boundaries around your authority.

Become more confident in yourself by reconnecting to your belief. Respect yourself & keep your promises to yourself. At the same time, stay open & curious to learn new things that can help you.

STOP: Second-guessing yourself & sacrificing your boundaries.

EXAMPLE 3

✨ **You've been working so hard** on yourself lately, trying to heal your patterns, shift your mindset, stay grounded, and create a calm, peaceful atmosphere in your home no matter what's happening around you, catching yourself before reacting, choosing patience over defensiveness, doing everything you can to keep things steady and connected, when suddenly...

💬 *Your husband:*

Raises His Voice

THIS SPARKS A FIGHT!



Your automatic reaction?

You raise your voice.

You get louder—trying to be heard, to make your point, to defend yourself. Your heart races. Your body tenses.

The volume rises. Emotions flare.

Before you know it, you're both shouting and someone gets hurt.

You say things you don't mean, in a tone you don't recognize.


Afterward, you feel raw, ashamed, and disconnected—from him, from yourself, and from the woman you want to be.

Here's what your husband is **ACTUALLY** saying:

You're not listening, you are being obtuse.

You are trying to hold onto control of something that isn't in your power. You are not making time for yourself and you are losing yourself. Wake up!!!

G-d just put your husband here to point this out!

 *Your husband:*

Raises His Voice



Step 1: Pause the Fight!

Take a break, go to the bathroom, take a shower, brush your teeth, or go cut salad. Whatever you need to do to escape the disappointed heart that wishes he would finally change and things could be different.



Step 2: Find The Nerve!

You wish you could be perfect. After working so hard on yourself you still get triggered by your husband's high volume and negativity. Why can't you just stay calm and feel more grounded always, even when he's acting like himself?



Step 3: Take Aligned Action!

You've made it this far – Now it's time to step up. What are you actually being called to do?

Quiet the external noise

Listen for the whisper of your soul. Breathe. Journal. Meditate. Whatever helps you slow down, recenter, and reconnect. You are being invited to find your inner peace.

STOP: Being so hard on yourself!

STOP: Yelling, matching his energy, and abandoning yourself.

EXAMPLE 4

✨ **You want to do things right**, do everything perfectly, trying to show up for everyone around you, working in all directions, become more efficient, wiser, more patient, more present, pushing yourself to improve while quietly questioning if you're doing any of it well enough, wanting so badly to feel seen and appreciated for how hard you're trying, when suddenly...

💬 *Your husband:*

Makes You Feel “Not Enough”

THIS SPARKS A FIGHT!



Your automatic reaction?

You shrink. You start questioning yourself:

Maybe I can't handle it. Maybe I'm really not capable.

Even if he didn't say it outright—

it's there in his tone, his timing, his doubt, his silence.

You overthink every move, every word, every decision.

You either shut down... or work twice as hard to prove him wrong.


What happens to you?

You lose yourself. Your brilliance, your intuition

You go into overdrive trying to earn his approval...

or avoid his criticism.

You start believing the lie: maybe I really can't do this.

 Your husband:

Makes You Feel “Not Enough”



Step 1: Pause the Fight!

Take a break, go do something you like, take a break from trying, turn on music, or call a friend. Whatever you need to do to distract your brain from thinking up more evidence that you aren't capable.



Step 2: Find The Nerve!

You yourself don't feel “enough”. After working so hard on yourself you still get triggered by your husband's high volume and negativity. Why can't you just stay calm and feel more grounded always, even when he's acting like himself?



Step 3: Take Aligned Action!

You've made it this far – Now it's time to step up. What are you actually being called to do?

Take bold action to create expansion.

Surround yourself with the right coach and peers who show you proof you're on the right track. Build more capacity within yourself — emotionally, mentally, spiritually.

STOP: Doubting G-d, proving your worth, and isolating yourself.

What Now?

Remember: Your husband is here for a sacred purpose. He is your mirror, lovingly reflecting the places where G-d is calling you to grow and heal.

Don't get trapped in the illusion of conflict.

Instead, pause with intention.

Open your heart to hear the message beneath the surface.

Give yourself permission to receive—even when it feels uncomfortable.

Notice his frustrations, his fears, and let yourself sit gently with the discomfort.

It's not easy. It may bring pain at first.

No one likes to be called out.

But like any spiritual muscle, this grows stronger with practice.

With time and grace, you will find you no longer need to fight, defusing the start of an argument with calm and wisdom.

You will learn to communicate with clarity and peace,

to receive correction without losing your serenity,

and to partner with your husband as your unexpected ally and your new greatest supporter.

Let's Check In – Is This You?

Rate these statements from 1-5 (1=Not really, 5=Yes! that's me!)

- No! Yes!
- My marriage is good and I it can get better if I get my husband on board.
- I feel like I'm constantly choosing between my business and my marriage.
- I downplay my success to avoid tension at home.
- I know what I want... but I don't know how to make it all come together.
- I'm the glue that holds it all together – and I'm tired.
- I feel like I have to shrink one part of me to keep the others from falling apart.
- I've stopped sharing wins with my husband because I'm tired of the reactions.
- I often think, "If he would just support me, everything would be easier."
- I feel selfish for wanting more when we're already "okay."
- I avoid certain business decisions because I know they'll create tension.
- I'm exhausted and emotionally drained from having to be 'the good one.'
- I sometimes worry I'm too much – too intense, too driven, too different.
- I fear I'll outgrow my marriage if I keep growing my business.
- My husband is the biggest obstacle in my business.
- My husband is not the problem, I am. I don't have it all together enough.
- I crave peace... but I also crave impact – and I don't know how to do both.

What's Next?

Now that you have a better understanding of what's going on behind the scenes of a fight, and you learned the steps to defuse it, **I invite you to book a free call with me** where we can discuss your specific situation. We'll create a unique plan for you to finally get the marriage you always dreamed of, one that is supportive, safe, and allows you to grow your business without having to look over your shoulder.

Bring your answers to our Zoom call. We'll go over your answers and find the exact places you need to focus on so you can thrive without a fight.

In this free 60 minute call, we'll:

Extract the main things that are holding you back from growing your business, repairing your relationship with your husband, and finding balance between all the parts of you.

Reflect those obstacles back to you, going deeper and finding the root of it all, checking-in to make sure that's truly what's bothering you, so you can free yourself from it once-and-for-all.

Create a roadmap of recommendations with practical steps so you know exactly what to do next.

[**Click Here**](#)

Ready for a Marriage Breakthrough?



I'm **Rebbetzin Bat-Chen Grossman**. I'm married to Rabbi Avi Grossman, we live in Israel and have a bunch of kids.

I'm a **marriage coach for women in business and successful careers**.

I help you stop fighting with your husband about your business.

I'm the host of the **Connected For Real Podcast** where we get real about the struggles and practical about how to deal with them.

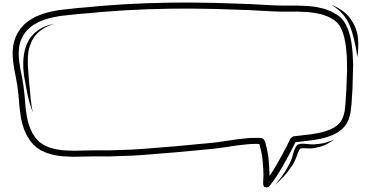
If you are an extraordinary women who is following her calling and doing big things to light up the world with G-d's presence while trying to stay sane and keep her marriage alive – I'm here for you!

Let's Talk

I believe G-d wants us to create peace and when you sign up for a free discovery call ready to stop the fighting and the drama, we'll surely find the roadmap to getting you there.

[Click Here](#)

Here's what working with me looks like



Real transformations from women just like you

“My marriage was good but I hated how addicted I was to my work, **Now I am a master at boundaries and delegation**”

“I was afraid to hurt his feelings or step on his toes, **Now I confidently speak up in a respectful way**”

“I knew my husband loved me but we were fighting over money all the time, **Now we have systems in place and an open channel for communication**”

“My husband was so critical it made me feel like a failure all the time, **Now he speaks differently to me and I am able to stay motivated and get things done**”

“I was walking on eggshells all day long and I hated it, **Now I love the atmosphere of my home. There is a new sense of calm!**”

“I had a love-hate relationship with G-d and I felt guilty about it. **Now I talk to Him everyday, ask for what I need, and most times I get answers**”

✦ *These women didn't wait until things were perfect. They just decided to stop doing it alone. And that's when everything began to shift.*

About The Program:

Balance For G-d's Sake™

The only 3-month private coaching program tailored to your unique situation so you can stop fighting once and for all, and start to lean into your business freely and grow abundantly.

- *1:1 Sessions that get deep to the root of the suffering & heal it*
- *WhatsApp Support available anytime you need hand-holding*
- *Trainings and an entire curriculum to support you (optional)*
- *Meditation Library to tune in and access answers and guidance*

Schedule a free discovery call where we can create a unique plan for you to finally get the marriage you always dreamed of.

[Click Here](#)