

tried and tested recipe
(how to ruin a marriage)

1. add one people pleaser
to a thick set control freak
2. pour in insecurities from the past
3. beat in unrealistic expectations
4. stir up anger at your mother in law
5. grind down confidence
with cutting remarks
6. separate sex from love
7. slowly blend into your mother
8. bottle up feelings of worth
and label them out of date
9. put a bun in the oven early on

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