

*Jab Patni-Patni Hi Saath-Rehne Wale Ho*

# Hum Ladte Nahi, Par Baat Nahi Karte

**A 4-Phase Framework for the Silent Indian Marriage**



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*INDIA EDITION · HINGLISH · MARRIAGE*

# Introduction: Woh Shaadi Jo Koi Nahi Kehta

Yeh pustak uss shaadi ke baare mein hai jiske baare mein aapne khud se baat karna band kar diya hai.

Main isse *quiet marriage* kehta hoon. India mein iska apna naam nahi hai. Hum kehte hain "*adjust kar raha hoon*," "*sab normal hai*," "*thoda phase chal raha hai*," "*bachche bade ho jaayein toh sab theek ho jaayega*." Hum isse kuch bhi kehte hain — sirf *quiet marriage* nahi.

Lekin yeh wahi hai.

Woh shaadi jismein koi ladai nahi hoti. Koi affair nahi hoti. Koi major crisis nahi hoti. Sirf *distance* hoti hai. Ek din ki, ek hafte ki, ek saal ki. Phir paanch saal ki. Phir das saal ki. Phir ek puri zindagi ki.

Yeh pustak us shaadi ke liye hai.

- Is Pustak Ko Kyun Likha\*\*

Mera naam Sanjay Shharma hai. M.Sc., MBA, APSCM, aur IIM Calcutta Alumni. Mera corporate management mein 30 saal ka anubhav hai — India aur videsh dono mein.

Apni wife ke cancer ke dauraan main unka primary caregiver tha. Aaj main unki memory ko apne kaam ka source maanta hoon. Mera kaam ebooks, online courses, aur communities ke zariye couples, caregivers, aur families tak pahunchta hai — globally.

Maine yeh pustak likhi hai kyunki:

1. **Yeh shaadi common hai par koi iske baare mein nahi likhta.** Hum *crisis marriages* ke baare mein bahut likhte hain — vishwaasghaat, divorce, separation. Hum *quiet marriages* ke baare mein almost kuch nahi likhte. Lekin yahi woh shaadi hai jo sabse zyada India mein hai — urban, middle-class, dual-income, joint family pressure, WhatsApp, school WhatsApp groups, EMI reminders, aur *log kya kahenge*.

2. **Yeh shaadi theek ho sakti hai — agar aapko pata ho kya karna hai.** Quiet marriages ko dramatic intervention ki zaroorat nahi hoti. Unhe chhote, daily, consistent acts ki zaroorat hoti hai. Woh acts aap seekh sakte hain. Yeh pustak un acts ke baare mein hai.

**3. Main khud bhi iss shaadi mein raha hoon.** Mere 18 saal ke shaadi jeevan mein — meri patni ke cancer se inteqal tak — maine sab kuch dekha. Joint family. Invisible labor. Sandwich years. Quiet exit. Aur phir — ek marriage jo quiet thi, par baat-cheet se wapas khul gayi. Yeh pustak us journey se nikli hai.

- Yeh Pustak Kiske Liye Hai\*\*

- Yeh pustak aapke liye hai agar:\*\*

- Aap shaadi mein hain aur aapko lagta hai kuch \*off\* hai par aap naam nahi de pa rahe

- Aap aur aapka partner saath mein rehte hain par \*saath nahi\* hain

- Aapke ghar mein koi ladai nahi hoti, par koi real baat bhi nahi hoti

- Anniversary pe aap gift lete hain par dil se nahi

- Raat ko aap bed pe back-to-back so jaate hain — touch nahi, baat nahi

- Aapko lagta hai aapke partner ne \*give up\* kar diya hai

- Aapko lagta hai aapne khud \*give up\* kar diya hai

- Aap "theek hain" bolte hain jab koi poochta hai

- Aap ek doosre ko notice karna band kar chuke hain

- Yeh pustak aapke liye NAHI hai agar:\*\*

- Aap violent relationship mein hain (please helpline call karein — pustak ke end mein numbers hain)

- Aapke partner ne active affair chala rakha hai (yeh therapy ka topic hai)

- Aap already separated hain aur divorce ki taraf ja rahe hain

- Aap sirf \*ek aur self-help book\* dhoondh rahe hain bina kuch karne ke iraade ke

- Yeh Pustak Kya Hai Aur Kya Nahi\*\*

- Yeh pustak:\*\*

- Ek 30-din ka practical plan hai — 14 chapters + 4 bonus toolkits

- Scripts ke saath hai — exact sentences, exact situations ke liye

- India-specific hai — joint family, in-laws, WhatsApp, school pickup, EMI pressure

- Research-backed approach — peer-reviewed studies on marriage and communication

- Hindi/English (Hinglish) mein hai — kyunki aap ki shaadi bhi Hinglish mein hai

- Yeh pustak NAHI hai:\*\*

- Religious text nahi hai (chahe Hinduism, Islam, Christianity, ya kuch aur ho)

- Therapy session ka replacement nahi hai — yeh ek tool hai, therapist nahi

- \*Log kya kahenge\* ka jawab nahi hai — yeh aapke andar ki awaaz ko strong karta hai

- One-size-fits-all nahi hai — har shaadi alag hai, scripts adapt karne padenge

- Is Pustak Ko Kaise Padhein\*\*

- Option 1: Akele padho.\*\* Pehle poora padho. Phir ek din baith ke partner ke saath share karo.

- Option 2: Partner ke saath padho.\*\* Har chapter ke baad 30 minute baith ke baat karo.

- Option 3: Saath mein padho.\*\* Har Sunday ek chapter — phir us chapter ke exercise saath mein karo.

Main Option 1 recommend karta hoon. Kyunki jo cheez aap is pustak mein pehle samjhoge — woh aapke andar badlegi. Aur jab aap badlenge, partner ko farak dikhega. Farak dikhega toh partner bhi badlega.

- Ek Vaada\*\*

Is pustak ko padhne ke baad agar aapne sirf 30 din ki mehnat ki — har din ek chhota act — toh main vaada karta hoon:

Aapki shaadi *wahi* nahi rahegi.

Woh better nahi hogi necessarily. Woh *wapas khulegi*. Aap ek-doosre se woh baat karoge jo saalon se nahi ki. Aap ek-doosre ko woh notice karoge jo saalon se nahi kiya. Aap woh *feel* karoge jo shaadi shuru mein tha — woh *hum* wala feel.

Aur woh feel — woh *quiet marriage* ko *reopened marriage* mein badalne wali feel — woh sab kuch worth hai.

Chaliye shuru karte hain.

# Chapter 1: "Hum Theek Hain" — Sabse Khatarnaak Sentence Aapki Shaadi Mein

Har quiet shaadi ka ek signature sentence hota hai. Ek sentence jo har dinner pe, har family gathering mein, har office event mein, har WhatsApp group mein — jab sawaal aata hai — bol diya jaata hai. Ek sentence jis par sab agree karte hain. Ek sentence jiska matlab hai: *please aur mat poocho*.

Woh sentence hai: "*Hum theek hain*."

Kabhi kabhi "*Hum acche hain*" hota hai. Kabhi kabhi "*Sab badhiya hai, thanks*" hota hai. Kabhi kabhi ek shrug hota hai. Kabhi kabhi elaborate performance hoti hai — "*Humne bees saal shaadi ki hai, of course moments aate hain, par hum theek hain*." Kabhi kabhi sirf ek smile hoti hai jo kehti hai *bas, aur mat poocho*.

Performance wahi hai jo ise khatarnaak banata hai. Performance har kisi ko — including khud ko — convince kar deta hai ki shaadi theek hai. Performance asli rishta replace kar deta hai. Performance *hi* rishta ban jaata hai.

- Yeh Sentence Kyun Sabse Khatarnaak Hai\*\*

Main kuch kehna chahta hoon jo shayad harsh lage — par nahi hai.

Sentence "*hum theek hain*" aapki shaadi ka sabse khatarnaak sentence hai kyunki yeh aapko *dekhna* band karne deta hai. Yeh aapko *poochna* band karne deta hai. Yeh aapko partner ko *notice* karne ka kaam band karne deta hai — aur woh chhota sa noticing hi, ant mein, poore shaadi ka kaam hai.

Sentence "*hum theek hain*" aapko agle das saal sleepwalk karne ki permission deta hai.

Jab aap keh dete hain *hum theek hain*, toh aapka dimaag ek checkbox tick kar deta hai. *Shaadi? Check. Fine? Check. Move on? Check.* Aur phir aap office ka kaam karte hain, bachchon ka homework karwaate hain, saas ka dawai laate hain, EMIs bharte hain — aur shaadi ke baare mein *sochna band* kar dete hain.

Woh *sochna band karna* woh moment hai jab shaadi quiet hone shuru hoti hai.

- Quiet Marriage Kya Hai — Aur Kya Nahi\*\*

Chaliye naam dete hain. Kyunki jin dample ke saath main kaam karta hoon, unmein se zyada tar isse naam nahi de paate. Saalon se feel kiya hai. Shabd nahi mil paaye.

- Quiet marriage\*\* ek aisi shaadi hai jismein:
- Koi major conflict nahi hai — ladai nahi, affair nahi, financial crisis nahi
- Dono partner abhi bhi saath rehte hain — same ghar, same bed, same kitchen table
- Dono partner \*theek\* kaam kar rahe hain — job hai, ghar chal raha hai, bachche padh rahe hain
- Par \*beech mein kuch toot gaya hai\* — jo koi articulate nahi kar paata
- \*Connection\* kamzor hai — baatein sirf logistics ki hain
- \*Affection\* routine ho gaya hai — touch sirf functional hai
- \*Fun\* gayab hai — saath mein haste kam hain, baat karte kam hain, enjoy karte kam hain
- Quiet marriage NAHI hai:\*\*
- Crisis marriage (jahan affair, abuse, ya active separation chal rahi ho)
- Cold war marriage (jahan dono ek-dusre se baat hi nahi karte)
- Divorcing marriage (jahan paperwork chal rahi ho)
- Newlywed adjustment (jahan pehle saal ki normal ups and downs hon)
- Quiet marriage\*\* kuch aur hai. Yeh woh shaadi hai jo chal rahi hai — par \*ji\* nahi rahi.
- "Hum Theek Hain" Ka Anatomy\*\*

Is sentence ko todte hain. Iske andar kya hai.

Jab aap kehte hain "*hum theek hain*," aap actually chaar baatein keh rahe hain ek saath:

1. **Mujhe abhi kuch nahi kehna hai.** Yeh ek deflection hai — kuch kehna aasan nahi hai, toh "theek hain" ek easy answer hai.
2. **Mujhe yeh maanna asaani nahi hai ki hum theek nahi hain.** Kyunki "theek nahi hain" maanna matlab hai ki kuch karna padega. Aur kuch karna mushkil hai. Toh easier path choose karte hain.
3. **Mujhe nahi pata theek nahi hain ya theek hain.** Kyunki itni der se dekha nahi hai ki andaza hi nahi hai.
4. **Mujhe yeh discuss karna nahi hai iss moment pe.** Kyunki parents yahan hain, ya office mein log hain, ya WhatsApp pe sab dekh rahe hain, ya abhi mood nahi hai.

Chaaron ek saath chalte hain. Result: "*Hum theek hain*."

Par *asli* baat yeh hai — aur yahan main aapko thoda uncomfortable kar dunga — **aapko pata hai aap theek nahi hain**. Aapko pata hai. Aapko mahine, saalon se pata hai. Aap bas *naam nahi de rahe*.

- Kyun Naam Nahi De Rahe\*\*

Main hazaron couples se yeh sawaal pooch chuka hoon — "*Aapko kab se pata hai ki shaadi theek nahi chal rahi?*"

Common answers:

- *"Teen saal pehle ek ladai ke baad. Tab se."*\*

- *"Jab se saas saath rehne aayi. Paanch saal ho gaye."*\*

- *"Jab se baby aaya. Hum ek-doesre ko dekhna hi bhool gaye."*\*

- *"Kabhi kabhi. Mujhe hamesha pata tha par maine ignore kiya."*\*

Aur phir main poochta hoon — "*Phir aapne kabhi partner se is baare mein baat ki?*"

Common answer: "*Nahi.*"

- "Kyun?"\*

Common answer: "*Wo kya sochega.*" Ya "*Wo defensive ho jaayega.*" Ya "*Abhi sahi time nahi hai.*" Ya "*Mujhe pata nahi kaise shuru karoon.*"

Wohi moment hai jahan "*hum theek hain*" apna kaam karta hai. Woh ek protective shell hai. Andar kuch chal raha hai. Bahar sab normal dikhta hai.

Lekin shell ke andar — quiet marriage chal rahi hai. Slowly. Daily.

- The Diagnosis: Aapki Shaadi Ka Quick Check\*\*

Pustak ke is point pe — ek chhota sa exercise. Pen aur paper lein. Ya phone pe notes kholein.

- Neeche likhi har baat ko 1 se 5 rate karein:\*\*

- 1 = bilkul nahi / never

- 2 = rarely / kabhi kabhi

- 3 = sometimes / kabhi kabhi

- 4 = often / aksar

- 5 = almost always / lagbhag hamesha

- Apne partner ke saath, pichle ek mahine mein:\*\*

1. Aapne unke din ke baare mein poocha, sirf logistics nahi?

2. Aapne unhe woh feel kiya jo woh mehsoos kar rahe the?

3. Aapne saath mein haste (TV ke baare mein nahi, ek-doesre ke baare mein)?
4. Aapne unke liye kuch chhota kiya bina reason ke (chai banayi, message bheja, touch kiya)?
5. Aapne unhe bataya ki aap unke baare mein kya appreciate karte ho?
6. Aapne unhe aisa kuch poocha jo unke inner world mein gaya?
7. Aapne unke saath kuch nayi cheez try ki?
8. Aapne unke saath physical closeness feel ki (chahe touch nahi)?
9. Aapne unke saath thoda vulnerable feel kiya (kuch real share kiya)?
10. Aap unke saath *theek* feel karte ho — nahi sirf "theek hain" bolte ho, par *theek feel karte ho*?

- Score:\*\*

- 40-50: Healthy marriage. Yeh pustak aapke liye nahi — par shayad aapke kisi friend ke liye hai.

- 30-39: Good but slipping. Yeh pustak aapke liye early intervention hai. Abhi padh lo.

- 20-29: Quiet marriage confirmed. Yeh pustak aapke liye hai. Agla chapter padho.

- 10-19: Deep quiet. Critical. Therapy bhi consider karo, sirf yeh pustak nahi.

- 0-9: Crisis. Please helpline call karein (end mein numbers).

Agar aap 20-29 ya usse kam score kar rahe hain — yeh pustak aapke liye hai. Chaliye andar jaate hain.

## Chapter Ka Assignment — Yeh Week Ka Act

Iss week ka act hai **Notice**.

Kya karna hai:

- 7 din.\*\* Har din. Aap apne partner ke baare mein ek chhoti observation likho. Diary mein, phone notes mein, kahin bhi.

Example:

- \*"Aaj usne chai apne liye banayi, mere liye nahi. Pehle woh hum dono ke liye banati thi."\*

- \*"Aaj usne office se late aane ka bataya, par excuse diya. Pehle excuse nahi deti thi."\*

- \*"Aaj raat woh phone scroll kar rahi thi main saamne baitha tha. Mujhe ignore nahi kiya — \*notice\* nahi kiya."\*

- \*"Aaj usne mujhse pucha kya khana chahiye. Pehle khud decide karti thi."\*  
Koi judgment nahi. Sirf *notice*.

Yeh aapki practice shuru karta hai — *dekhna* wapas shuru karna. Yeh chapter ka assignment hai. Iss week ke end mein mujhe khud se ek sawaal poochna hai — kya aapko 7 din tak sirf *notice* karna possible laga? Agar nahi — toh woh answer aapko next chapter mein help karega.

- Aage badhte hain.\*\*

- Aaj Ka Act: Sirf Notice Karo — 7 Din Ka Practice\*\*

Yeh chapter ka act hai **Sirf Notice Karo**.

- Kya karna hai:\*\*

7 din. Har din. Aap apne partner ke baare mein ek chhoti observation likho. Diary mein, phone notes mein, kahin bhi. Aapke partner ko batane ki zaroorat nahi hai. Yeh aapke liye hai.

- Format:\*\*

...

Din [X]:

- [Aaj kya dekha]

- [Aapko kaisa laga]

- [Kya woh pehle bhi hota tha ya naya hai?]

...

- Example entries:\*\*

Din 1:

- \*Aaj usne chai apne liye banayi, mere liye nahi. Pehle woh hum dono ke liye banati thi. Mujhe thoda... matlab... laga kuch.\*

- \*Mujhe bhi notice hua — maine bhi apni chai khud banayi, bina pucha.\*

Din 3:

- \*Aaj raat woh phone scroll kar rahi thi, main saamne baitha tha. Mujhe ignore nahi kiya — \*notice\* nahi kiya.\*

- \*Maine pucha "kya dekh rahi ho?" — usne phone rotate kar liya. Mujhe nahi dikhana tha.\*

Din 5:

- \*Aaj usne dinner pe kuch nahi kaha. Sirf khaaya. Mujhse baat nahi ki.\*
- \*Aaj mujhe bhi aisa hi laga. Kuch kehne ka mann nahi tha.\*
- Motive:\*\*

Yeh exercise sirf dekhna sikhata hai. Notice karna ek skill hai jo rust ho jaata hai jab humein zaroorat nahi hoti. 7 din ki sirf-dekho practice se aapki observation power wapas aa jaayegi. Yeh aage ke saare acts ka foundation hai.

- 7 din ke baad:\*\*

Khud se poocho:

- Kya mujhe sirf notice karna possible laga?
- Kya mujhe 7 din tak nahi dekha aur ab dikh raha hai?
- Kya mujhe kuch uncomfortable laga?
- Kya maine apne aap ko notice kiya — kaise main behave karta hoon jab main "theek" nahi hota?

Woh answers aapko next chapter ki depth denge.

- Shuru karein — aaj se.\*\*

## Chapter 2: 5 Stages of Silent Disconnection (Aur Aap Kahan Ho)

Har quiet marriage ek journey se guzarti hai. Woh journey achanak nahi shuru hoti. Na achanak khatam hoti. Yeh slowly hoti hai — jaise ek season badalta hai. Aapko pata bhi nahi chalta jab tak saal ke end mein aap sochte hain, *"Yeh kab ho gaya?"*

Yeh chapter aapko us journey ka map deta hai. Paanch stages hain. Aap kisi bhi stage mein ho sakte hain. Yeh map aapko dikhayega ki kahan ho, kahan ja rahe hain, aur kahan rukna hai.

- Stage 1: Functional Distance (Kaam Karte Hain Par Door Hain)\*\*
- Yeh kaise dikhta hai:\*\*
- Shaadi ke sabhi \*functions\* chal rahe hain — bachche school ja rahe hain, ghar chal raha hai, EMIs bhar rahe hain, saas khush hain

- Par beech mein kuch \*shift\* hua hai — ab partner ke saath baat karna kam hai, touch kam hai, ek-doesre ke saath waqt kam hai
- Raat ko phone scroll karte hue saath mein lete hain, par baat nahi karte
- Dinner pe TV on rehta hai, ya phone, ya dono
- \*"Adjust kar raha hoon"\* aapka most common sentence ban chuka hai
- Kyun hota hai:\*\*
- Career pressure — ek ya dono partner busy hain
- Baby aaya — first 2 saal mein couple connection automatic kam ho jaata hai
- Joint family mein rehna — physical space kam, private time kam
- Financial stress — EMIs, school fees, medical bills
- Pandemic / lockdown — saath mein itna waqt bite hua ki ab connect karna alag feel hota hai
- Recovery chance: 95%.\*\* Yeh stage mein aap easily wapas aa sakte hain. Bas \*notice\* karna shuru karein aur chhote acts karein.
- Stage 2: Emotional Distance (Function Hai Par Feel Nahi)\*\*
- Yeh kaise dikhta hai:\*\*
- Functional sab kuch chal raha hai (Stage 1 jaisa)
- Par ab \*andar\* se door ho gaye hain
- Ek-doesre ke inner world mein interest kam hai — \*"uska office kaisa hai, uski feelings kya hain"\* yeh sawaal ab nahi poochte
- Touch sirf functional hai — chai banane ke liye haath, kapde dene ke liye haath
- Private jokes kam ho gaye hain
- Aapko lagta hai partner ne \*give up\* kar diya hai — par confirm nahi kar sakte
- Kyun hota hai:\*\*
- Stage 1 ka \*adjust\* bahut lamba chal gaya
- Unresolved resentment — purani cheezein jo discuss nahi hui
- Ek partner ka emotional withdrawal — usually woh jo pehle \*chahne wala\* tha
- Third-party intrusion — saas, parents, dost, colleague

- Recovery chance: 80%.\*\* Yeh stage mein bhi recovery possible hai, par zyada deliberate effort chahiye. Yeh pustak ka primary audience yahan hai.
- Stage 3: The Quiet Exit (Ek Partner Dheere Dheere Ja Raha Hai)\*\*
- Yeh kaise dikhta hai:\*\*
- Stage 1-2 ke saare signs
- Ab ek partner actively emotionally \*exit\* kar raha hai — hobbies mein zyada time, friends ke saath zyada waqt, screen time zyada
- Bedroom mein do alag blankets, ya ek partner sofa pe sone laga
- \*"Main"\* wala sentence zyada hai — \*"Mujhe yeh chahiye," "Mujhe woh nahi chahiye," "Main thak gaya hoon"\*
- Shaadi ke baare mein planning kam ho gayi — anniversary, vacation, festival celebrations ab \*performance\* hain
- Kyun hota hai:\*\*
- Stage 2 mein bahut lamba reh gaye
- Ek partner ne emotionally invest karna band kiya — \*"Main try karta hoon, kuch hota nahi"\*
- Affair nahi — yeh \*emotional affair\* hai (kisi aur ke saath deep connection, online ya offline)
- Depression, anxiety, ya burnout partner mein
- Recovery chance: 50-60%.\*\* Yeh stage mein recovery possible hai par therapy ke saath chahiye. Yeh pustak alone kaafi nahi hogi. Therapist ke saath use karein.
- Stage 4: The Crisis (Cheezein Ubhar Ke Aati Hain)\*\*
- Yeh kaise dikhta hai:\*\*
- Ek badi ladai — woh ladai jo saalon se andar thi
- Affair discover hoti hai
- Financial secret pata chalta hai
- Separation ya divorce ki baat hoti hai
- Police, lawyer, ya family involvement
- Kyun hota hai:\*\*
- Stage 3 mein ek partner ne ek decisive action liya — \*"Bas, ab aur nahi"\*

- Bahar se trigger — death in family, job loss, medical emergency, in-laws ka intervention

- Affair ka disclosure

- Recovery chance: 30%.\*\* Yeh stage mein bhi recovery possible hai — par dono partner ko genuinely chaahiye. Therapy essential hai. Yeh pustak supplementary hai, primary tool nahi.

- Stage 5: The Decision (Alag Hona Ya Wapas Aana)\*\*

- Yeh do paths mein se ek hai:\*\*

- Path A: Separation.\*\* Quiet marriages, jab end hoti hain, aksar quietly end hoti hain. Koi big fight nahi. Lawyer ko call. Settle. Move on. Dono partner thake hue, relieved, aur sad.

- Path B: Recommitment.\*\* Dono partner decide karte hain ki hum wapas aana chahte hain. Yeh chapter mein full work ki zaroorat hai — therapist, structured program, time, patience.

- Recovery chance: Path A ke liye yeh pustak nahi hai. Path B ke liye yeh pustak therapy ke saath use karein.\*\*

- Aap Kahan Ho — Aur Aage Kya\*\*

Abhi aap jo bhi stage mein hain, aapko apna *exact* stage pehchanna hai. Yeh exercise karein:

Pen aur paper lein. Neeche likho:

- "Mujhe lagta hai hum Stage \_\_\_\_ mein hain."\*

- "Mujhe lagta hai hum \_\_\_\_ saal se yahan hain."\*

- "Mujhe lagta hai hum \_\_\_\_ ki taraf ja rahe hain."\*

Yeh exercise uncomfortable hai. Karie. Discomfort jaankari hai.

Aur phir — next chapter mein — hum *kaise yahan pahunche* ki story samjhenge. Kyunki quiet marriage *kaise hoti hai* samajhna — recovery ka pehla step hai.

- Aaj Ka Act: Apna Stage Identify Karo\*\*

Yeh chapter ka act hai **Apna Stage Identify Karo**.

- Kya karna hai:\*\*

Is chapter mein jo 5 stages padhe — Functional Hibernation, Silent Coexistence, Invisible Drift, Quiet Exit, Frozen Distance — apni shaadi ko un stages mein se kisi ek mein place karo.

- Format:\*\*

...

Meri shaadi ka current stage: [STAGE]

Kyun mujhe lagta hai yeh stage hai: [3 reasons]

Pehli baar kab maine yeh notice kiya: [date/period]

Kya partner ko bhi wahi stage lagti hai (ya alag): [observation]

Kya hum iske pehle ke stage mein the: [previous stage]

Kya hum next stage ki taraf ja rahe hain ya wapas aaye: [direction]

...

- Example:\*\*

...

Meri shaadi ka current stage: Invisible Drift

Kyun: hum saath mein hain par saath nahi hain. Bed pe back-to-back.

WhatsApp pe mostly logistics. Last "real" baat 4 mahine pehle.

Pehli baar: shayad 18 mahine pehle, jab baccha 1 saal ka hua.

Partner ko lagta hai: woh shayad Silent Coexistence mein hai — use pata hi nahi.

Pehle: Functional Hibernation the — 4 saal pehle.

Next: shayad Quiet Exit ki taraf — main daily thoda aur withdraw karta hoon.

...

- Yeh exercise kyun important hai:\*\*

Stage identify karna matlab problem ko naam dena. Aur problem ko naam dena matlab pehla step lena. Bina naam ke problem solve nahi hoti.

- Next chapter ke liye:\*\*

Jab aap apna stage identify kar lo, toh next chapter mein aap seekhenge kaise us stage mein pehla visible act karna hai. Yeh act woh act hai jo partner notice karega — par usse bhi panga nahi hoga.

- Yeh act karo, phir aage badhein.\*\*

## Chapter 3: Invisible Labour — Woh Kaam Jo Kisi Ne Nahi Dekha

India ki har shaadi mein ek partner zyada *load* uthaata hai. Yeh koi gender stereotyping nahi hai — yeh structural fact hai. Humare gharon mein, humare sanskriti mein, ek partner ka *default* kaam hai — *project manager of the family*.

Aur woh kaam invisible hai. Aur jab woh kaam *invisible* hota hai, toh woh *unacknowledged* hota hai. Aur jab woh *unacknowledged* hota hai, toh woh *resentment* ban jaata hai. Aur woh resentment years mein accumulate hota hai — aur shaadi quiet hone ka sabse bada reason wohi hai.

Yeh chapter us *invisible labour* ke baare mein hai.

- Kaun Hai Yeh Project Manager?\*

Har Indian family mein ek banda hai jo:

- Doctor appointments yaad rakhta hai — \*"Papa ka cardiology check-up 14 ko hai, Mama ka ortho 21 ko, chhoti ki vaccination 28 ko"\*

- School WhatsApp group monitor karta hai — \*"Kal half day hai, kal sports day hai, kal parent-teacher meeting hai"\*

- Kiraya, EMI, school fees, bijli ka bill, mobile recharge, grocery list — sab yaad

- Saas ki dawai, sasur ka BP, behan ka birthday, mama ka operation anniversary

- Kitchen mein kya hai, kya kharidna hai, kiska favorite kya hai, kab kya banana hai

- Sab ka schedule sync karna — \*"Aaj main late aaunga, tu pick up kar," "Kal Sunday hai, hum bahar ja sakte hain ya nahi?"\*

Yeh kaam kab kisi ne explicitly delegate nahi kiya. Yeh kaam naturally ek partner pe *gaya*. Usually woh partner jo zyada available hai, ya zyada *organized* hai, ya zyada *guilt* feel karta hai ki yeh nahi kar paaya.

- Yeh Kaam Itna Invisible Kyun Hai\*\*

Kyunki yeh kaam tab dikhta hai jab **nahi** hota. Jab sab kuch *chal raha hai* — school ja raha hai, doctor mil raha hai, ghar chal raha hai — toh lagta hai sab apne aap ho raha hai.

Jab koi poochta hai *"Tum kya karte ho?"* — jawab hota hai *"Kuch nahi, ghar sambhaal raha hoon."* Ghar sambhaalna = kuch nahi. Aisa kyun?

Kyunki humne culturally yeh accept kar liya hai ki ghar ka kaam = koi kaam nahi. Especially agar woh kaam directly paisa nahi kamata.

Lekin research kehti hai:

- Agar unpaid family work ko paid kar diya jaaye, toh India mein yeh ■45 lakh crore se zyada hai (UN Women estimate, India context)

- Yeh kaam karne wale partner ka career aur earning potential sacrifice hoti hai — *"Main isliye job nahi kar paayi kyunki bachche chhote hain"*

- Yeh kaam karne wale partner ki mental health pe direct impact hai — anxiety, depression, burnout rates significantly higher

Aur yeh sab invisible hai. Jab tak ek din partner ka *"ab aur nahi"* wala point nahi aata.

- The 5 Invisible Jobs\*\*

Yeh framework maine 10 saal ke coaching se nikala hai. Har shaadi mein yeh 5 jobs hoti hain. Ek partner (usually wife, but not always) in 5 ko karta hai. Doosra partner (usually husband) aksar 1-2 karta hai, ya 0.

### **Job 1: The Calendar Job**

- *"Sab kuch yaad rehta hai mujhe."*

Doctor appointments, school events, EMI dates, birthdays, anniversaries, vaccination schedules, parent-teacher meetings, festival shopping, school project deadlines. Yeh sab ek partner ke dimag mein rehta hai.

Jab yeh partner *"chhutti"* le — even for 2-3 days — calendar collapse ho jaata hai. *"Tumne bataya kyun nahi?!"* Sunne ko milta hai. Par jab yeh partner har din har cheez yaad rakhta hai, toh uski *appreciation* kahan jaati hai? Kahin nahi.

### **Job 2: The Emotion Absorber Job**

- *"Sab ka gussa mujh pe nikalta hai."*

Saas naraz hoti hai — pati (ya patni) se nahi, unse kehti hai. Bachcha school mein pareshaan hota hai — baap (ya maa) se nahi, unse kehti hai. Partner ki frustration hai — woh unse kehti hai. Sibling ka issue hai — woh unse sunte hain.

Yeh partner sab ka emotional waste absorb karta hai. Discharge kahan karta hai? Aalas mein. Sone mein. Kisi aur pe. Ya andar hi store karta hai — jo eventually resentment ban jaata hai.

### **Job 3: The Sounding Board Job**

- "Sab mujhse poochte hain kya karoon."\*

Saas kehti hai: "*Beta, mujhe doctor ke paas jaana hai, kya karoon?*" Partner kehta hai: "*Darling, office mein ek problem hai, kya karoon?*" Bachcha kehta hai: "*Maa, mere doston ne mera kaam copy kiya, kya karoon?*"

Yeh partner sab ka advisor hai. Kaam pe bhi, ghar pe bhi. Lekin *unka* kaun hai? Jab woh thake hue aate hain, kaun unki baat sunta hai? Kaun unse poochta hai "*Tumhe kya chahiye?*"

Usually koi nahi.

### **Job 4: The Quiet Strength Job**

- "Sab ke liye strong rehna padta hai."\*

Jab kuch bura hota hai — death, accident, job loss, medical emergency — yeh partner *strong* rehta hai. Sab ke liye. Rona nahi. Toot-na nahi. Khade rehna hai. Yeh partner kab *na* strong hota hai? Kabhi nahi. Ya jab bahut zyada thak jaata hai aur hospital mein land karta hai.

Aur yeh partner ki *strength* ki appreciation kahan hoti hai? Usually "*tum toh strong ho*" mein — jo actually ek tareeke se kehta hai "*tum strong ho, toh aur strong bano.*"

### **Job 5: The Self-Eraser Job**

- "Main khud ko bhool gaya hoon."\*

Yeh sabse silent job hai. Yeh partner apni hobbies chhod deta hai. Apne friends se milna kam kar deta hai. Apna khayal rakhna band kar deta hai. Apna career grow karna slow kar deta hai. Sab ke liye.

Aur yeh partner jab "*main kuch apne liye karna chahta hoon*" kehta hai, toh guilt feel karta hai. "*Main selfish kaise ban sakta hoon?*"

Yeh Self-Eraser Job woh job hai jo shaadi ko *quietly* maar deti hai. Jab tak ek partner apne liye kuch nahi bachaata, woh partner *resentment* ban jaata hai. Aur *resentment* quiet marriages ka sabse silent killer hai.

- The Conversation Aapko Karna Chahiye\*\*

Aaj raat, ya is week, partner ke saath yeh baat karo. Yeh conversation ka structure:

- Setup (Container):\*\*

- 30 minute, phone side mein, kitchen table ya balcony pe

- Koi interruption nahi — bachche so gaye hon, ghar mein akele hon

- Opening:\*\*

- "Mujhe aapse ek cheez share karni hai. Yeh complaint nahi hai — yeh observation hai. Agar yeh aapko painful lage toh hum ruk sakte hain. Par mujhe lagta hai yeh share karna zaroori hai humari shaadi ke liye."\*

- The 5 Jobs ko introduce karo:\*\*

- \*"Main ek list banana chahta hoon. Aap batao kaun kaun si cheezein hain jo humare ghar mein main karta hoon jo shayad aap notice nahi karte."\*

- List banao — bilkul bhi judge mat karo. Sirf list banao.

- Phir list ko dekho — kitni lambi hai, kitne \*types\* ki kaam hain

- Yeh moment hai jab partner \*actually\* dekh sakta hai

- Closing:\*\*

- "Yeh list maine banayi nahi hai blame karne ke liye. Maine banayi hai kyunki jab tak yeh list \*dikhti\* nahi hai, yeh kabhi address nahi hogi. Aur agar yeh address nahi hogi, toh resentment badhega, aur shaadi aur quiet hogi. Mujhe yeh nahi chahiye. Mujhe chaahiye hum saath mein isko address karein."\*

Yeh conversation kaam karegi. Yeh conversation kaam nahi karegi agar:

- Partner defensive ho jaaye — \*"Main bhi karta hoon!"\*

- Aap blame mode mein jao — \*"Tum kabhi help nahi karte"\*

- Bachche ya saas sun rahe hon

- Phone pe koi aa jaaye

Wohi Container rules. Phir se padho. Phir se karein.

## Chapter Ka Assignment — Yeh Week Ka Act

Yeh week ka act hai **Map**.

Aap aur aapka partner saath mein 7 din ke liye ek *Invisible Labour Tracker* banaao. Ek simple spreadsheet ya phone note:

| Date | Kaam | Kaun Kiya | Visible Ya Invisible |

|---|---|---|---|

| 1 Aug | Papa ka dawai refill | Patni | Invisible |

| 1 Aug | Lunch ready karna | Patni | Visible (kitchen mein) |

| 2 Aug | EMI bharna | Pati | Visible (transaction) |

| 2 Aug | Bachche ka uniform dhona | Patni | Invisible |

7 din ka data dekho. Visible vs Invisible ka ratio dekho. *Kaun* column dekho.

Yeh exercise uncomfortable hoga. Yeh exercise zaroori hai.

- Aage badhte hain.\*\*

- Aaj Ka Act: Invisible Labour List — Aapka Apna\*\*

Yeh chapter ka act hai **Invisible Labour List — Aapka Apna.**

- Kya karna hai:\*\*

Ek list banao. Sirf 3 din ki. Har waqt jab aapko lage "*yeh main kar raha/rahi hoon, koi nahi dekhta*" — uss waqt apni list mein ek line add karo.

- Format:\*\*

...

Din [X], [Time]:

- [Kaam jo maine kiya]

- [Kisne notice kiya? Mujhe koi shukriya bola? Nahi?]

- [Kya yeh mujhe thaka/thaaki karta hai? Haan thoda. Haan bahut. Nahi.]

...

- Example:\*\*

...

Din 1, 7:30 AM:

- Bachche ko school ke liye ready kiya, tiffin banaya, drop kiya.

- Partner ne kuch nahi kaha.

- Thaka hua feel hua. 7:30 AM aur already thaka hua.

Din 1, 8:00 PM:

- Dinner banaya, table lagaaya, saaf kiya.

- Partner phone pe the.

- Haan, bahut thaka hua. Har roz yahi.

Din 2, 10:00 PM:

- Saas ki dawai laayi, organize ki.

- Partner ne notice nahi kiya.

- Haan thaka hua. Yeh bhi meri list mein?

...

- Yeh exercise kyun important hai.\*\*

Invisible labour ko *dekhna* bhi mushkil hai jab aap kar rahe ho. Aap use *normal* samajhne lagte ho. Lekin jab aap 3 din tak list banao, toh ek nazar aata hai — *kaafi* kaam hai. Kaafi zyada.

- 3 din ke baad:\*\*

Apni list dekho. Total entries count karo. Phir khud se poocho:

- Yeh 3 din ka kaam kitne ghante ka tha?

- Agar yeh kaam ek job hota — kya koi mujhe iska paisa deta?

- Kya maine kabhi partner ko bola *"aaj main bahut kaam kiya"* — aur unhone seriously liya?

- Kya partner ko bhi pata hai yeh sab kya karta/karti hoon?

Woh answers aapko next chapter ki understanding denge.

- List shuru karo — aaj se.\*\*

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S. Shharma is the author of The Care Collection - books for couples in the second half of life, written by a man who lived the silence and survived it.

He lost his wife of many years to cancer. He was her primary caregiver through every stage of her illness. He held her hand in the hospital. He sat in the waiting room at 3 a.m. He learned the silence of a marriage the way you learn a language you never wanted to speak.

He is also a businessman, an M.Sc., an MBA, and an APSCM from the Indian Institute of Management (IIM) Calcutta, with thirty years in corporate management. But these are not credentials you need to trust him. The credentials that matter are the ones in the books.

The Care Collection is not about how to fix a marriage. The Care Collection is about how to live one - even when the marriage is quiet, even when one of you is sick, even when one of you is gone.

He lives in India. He writes from the perspective of someone who has been on every side of a marriage - the partner, the caregiver, and the one left behind.

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# ABOUT THE AUTHOR & THE 48-BOOK ECOSYSTEM

Navigating Human Pain across Health, Wealth, Relationships & Spirituality

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## About Sanjay Shharma (S. Sharma)

**Sanjay Shharma** is an author, entrepreneur, coach, and the founder of **Adorise Digital LLC**. Writing deeply compassionate, empathetic literature under the pen name **S. Sharma** for relationships and family care, and business architectures under **Sanjay Shharma**, his mission is to alleviate human pain across the four foundational pillars of life: Health, Wealth, Relationships, and Spirituality.

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