

What To Do When Your Spouse Blames You For Everything?

Have a calm and detailed conversation with them.



Comprehend the reasons why they are blaming you.



Find out if you made any mistakes, and do not hesitate to apologize.



Consider improving your relationship with them mutually.



Avoid self-blaming or accepting mistakes that you haven't made.



Do not accept inappropriate behaviors or any abuse.



Protect yourself and your mental health, and seek help if needed.

