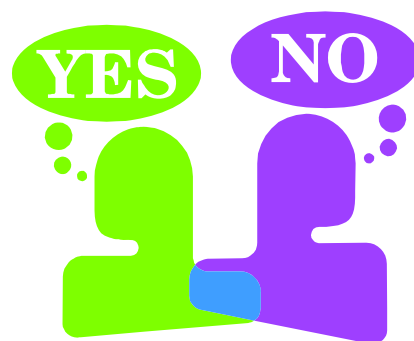


What If My Partner Or Spouse Isn't Helpful?

Weight management requires lots of changes, and sometimes this can cause relationship problems.



Here are some ideas:

- Try to understand each other. Change can be difficult for both of you.
- Realize that your partner may not know how to support you. In a calm and respectful way, ask the person to **help** you, and **actually tell them what they can do to assist you**. Be patient, change takes time.
- Practice being “assertive”. This means saying “no” firmly and repeatedly, or whatever else you need to say to maintain your personal program of weight control and physical activity.
- Seek encouragement and support from people other than your spouse or partner. Read the *MOVE!* handout, “Involving Others in Your Weight Control Program.”
- Remember that this is about you. Take personal responsibility for what you do, what you eat, your physical activity, and so on.

