

# 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:**

- **Work 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 them to help you, and **tell them what they can do to assist you.** Be patient. Change takes time.
- **Practice being “assertive.”** This means saying “no,” or whatever else you need to say. Do this firmly and repeat, if needed, to maintain your personal program of weight management.
- **Seek encouragement and support from people other than your spouse or partner.** Read the MOVE!<sup>®</sup> 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. Resist the urge to blame others.

