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!® 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.