



What can I do if my partner is not supportive?

A question that often comes up is, “What can I do if my partner is not supportive?”

It’s a really great question, and at the same time, it brings up a whole lot of questions because if your partner is not supportive, there will definitely be an aspect of needing to sit down together and have an open and honest kind conversation about what is it that you want and what is it that he wants.

Sometimes men don’t want to change or women sometimes also don’t want to change the way that they do things because there’s no kind of major reason or uplift or something that’s going to be like, “Yes, this is something that I truly want, therefore, I’m going to go and do it all of the things that I can to make it happen.” That’s the reality.

A question that comes up as a result of a lack of behaviour of a partner not being supportive is understanding whether he or she wants the same thing that you do. You may really want to have a baby and they may not. They may be in a situation where for them, that couldn’t be the last thing that they had on their mind, the last thing that they really wanted. Understanding that you both want the same thing is going to be first place to start.

If you ascertain that you both do want the same thing, the next big question is, on a scale of 0 to 10 where 10 is “I want this more than anything in the world” and 0 is “I don’t this at all,” how much do you want this thing and how much does your partner want this thing because they may be at like 5/10 and you may be at 10/10, which obviously at 10/10, you’re going to be much more proactive, much more able and willing and wanting of making changes, of doing things, and improving your odds of creating the healthy baby of your dreams. For your partner, if he or she is at 5/10, it’s not going to be the same kind of level of motivation, and if the level of motivation is different, then you need to understand why.

Another good question that you could ask is, “What would make it a 10. Right now, you’re at 5, but what could make it a 10? What would make it a 10? Would anything make it a 10 because again if there are things that need to happen in order for that to happen, you need to understand what those things are.

If nothing would make it a 10 from a 5 or wherever it is that they are, then you need to actually ask yourself again the question of do we want the same things because you may not be wanting the same things and you may need to face the fact that you both want different things out of



the relationship and that might prompt an end of a relationship or it might prompt a whole another conversation to happen around this.

I think that most partners who are supportive, they are supportive of their partner because they love their partner, because they want to see that person be happy, but they also want that for themselves. When there is alignment in where 2 people are coming from, that's absolutely going to be the place where you can work together well as a team. If you're not working well together as a team, you need to figure out what are some ways in which you could do that.

There is a fantastic book actually that I like to recommend for all of my patients. It's called *The Seven Principles to Make Marriage Work* by Dr John Gottman.

His research on relationships and certainly what makes relationships fail so as to reverse engineer what makes them work is ground-breaking and highly, highly recommended because it's in these conversations where you're both not really 100 percent sure of what it is that you can do to be on the same page where things like this really help and really guide you as to what to do next.

But open and honest conversations, I really think that that's the best place to start. Be open. Take responsibility. Don't be telling your partner but you don't do this. It's like maybe a good way of going about it and approaching it is it makes me feel like whatever when you do this or it would make you feel whatever if you were to do this, or whatever. But also understanding that each person has their own needs, wants, and desires, and that it's not going to be your nagging that's going to get your partner cross the line.

You need to start to figure out a way of inspiring and enrolling them into this vision that you have for your family life together for what it is that you want to create, and that that will help to change behaviour, that will help to change motivation, and do things in a different way.

I hope that helps, and I wish you the very best of luck with enrolling and inspiring your partner on the way to creating the healthy baby of your dreams.

Bye for now!

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