

# Are You Emotionally Supportive?

---

One reason husbands and wives are so unhappy is because they don't feel supported emotionally.

So, let me ask: Does your relationship tend to feel more like you are business partners or best friends?

Do you feel like you're fulfilling a contract or enjoying one of your deepest commitments?

Emotionally supportive spouses are best friends who refrain from belittling, yelling, or ignoring each other. They strive to be patient, understanding, kind, compassionate, forgiving and selfless.

Here are some simple ways to support your spouse emotionally:

## **Wish your spouse well**

One of the easiest ways to support your spouse emotionally is to wish them well. Show that you genuinely care and want them to be happy. Let them see it in your eyes and hear it in your voice.

## **Empathize**

Empathizing with your spouse means having an emotional understanding of what it's like to be in their shoes.

Listen closely: Empathy doesn't mean you agree with your spouse or that you disregard your personal feelings on the matter. It means you pay close attention to what they're saying to get a sense of what they're going through and WHY *they* believe they're going through it. So be compassionate and let them know that you understand why they feel the way they feel.

## **Reassure your spouse**

It's your duty as a loving, caring spouse to reassure your spouse that you'll face the situation together and deal with the outcome, whatever it is, *together*.

This relieves anxiety and fear, and boosts confidence.

There are several ways to reassure your spouse: loving touch, remind them of their strengths, collaboration (even if the issue has to do with conflict involving you), or simply by helping them see the bigger picture.

## **Show your spouse love**

Whenever your spouse is suffering emotional distress, never: Reject, criticize, judge, push away, shut down, ignore, become passive aggressive, be manipulative, diminish them, or become cold and indifferent.

Be loving. And if you feel you can't be loving because the situation involves conflict with you, at least be caring. In fact, being caring and loving is one of the best ways to support your spouse emotionally during difficult times.

Remember, small loving gestures such as smiles, hugs, back rubs, words of affirmation and encouragement reassure your spouse during difficult times when they need you to be there for them.

It's impossible to have a happy marriage without emotional intimacy. So strive to nurture emotional intimacy through good will, empathy, reassurance and small loving gestures.

*Until next time, this is Mike Tucker and I want YOU to be mad about marriage!*