# No More Naggin’

How to motivate your partner to engage in better self-care—minus the drama

November 28, 2006 By Arnesa Howell

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Getting your mate to pass up cheese fries, get off the sofa or even schedule a doctor’s appointment can be an uphill battle. Tired of working your other half’s last nerve? Denver-based counselor Carnita M. Groves offers these strategies:

**Do:** Help educate each other by sharing health-related magazine articles and information.

**Don’t:** Use fear tactics, threats or ultimatums. It can make him dread, resent or even resist talking about health.

**Do:** Encourage your partner to set her own health goals. Celebrate her accomplishments with a small token, like a card saying “I’m proud of you.”

**Don’t:** Take over or make your partner’s wellness about you.

**Do:** Practice working as a team. Help with her next breast self-exam. Accompany him on his next physical.

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http://beta.docker.realhealthmag.com/article/No-More-Naggin-8217-10931-9538