

No More Naggin'

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

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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.
