

Personal Reflection Exercises...

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I am a take-charge kind of person and I truly believe that my assertiveness is one of my best personality traits. However, ***I realize that my opinionated character may sometimes be overwhelming to my spouse.***

For this reason, I make a conscious effort to support the decisions of my partner. ***Rather than hearing what my partner has to say and then chiming in with a suggestion, I simply listen and try my best to be supportive.***

I admit that, at times, I may not fully grasp why my other half makes certain decisions. And the method behind the madness often remains a total mystery to me. But, if it makes my partner happy and it is a safe and responsible decision, ***it is beneficial to support him and the decision he wishes to pursue.***

Relationships thrive when a concrete support system is in place. I make my spouse feel safe to share with me even the craziest ideas. I accept him as a person and feel that his input is valuable, even when he disagrees with me.

I seek to create an environment where my partner feels secure. We share ideas openly and avoid overly judgmental or critical comments. When I must disagree, I do so in a respectful manner that communicates that my partner is valuable and important to me.

Today, I realize that supporting my partner is more important than getting my own way. I am an innovative thinker and am trusted to make decisions that affect us both. It is only fair that I reciprocate by showing genuine support for my partner's decisions as well!

Self-Reflection Questions:

1. Do I actively build my partner's self esteem, or unintentionally tear it down?
2. Why do I feel as if I must call the majority of the shots in this relationship?
3. How can I express more support for my partner's judgment?