

Igniting Spousal Support – Part 1

One of the most powerful forms of support is the support that comes from a spouse (and no I am not talking about financial LOL). Instantly as you read this you are most likely agreeing with it or wondering what it would be like to have it. Whether you currently are experiencing the benefit from this kind of support and would like to maintain it or you aren't experiencing this kind of support but would like to have it, there are some key actions that can be taken to solidify the power of spousal support in your marriage. The reason this topic deserves so much attention is because your home and marriage will affect you more than anything else!

Recently after dealing with several questions regarding the topic of support from a spouse I sat down and really began to look at why are there so many marriages that are lacking the support they deserve from one another. Is it that there really is no support going on, is one party or the other just an ungrateful bum, or is one or both parties just numb to the support so they just don't see it? After thinking about it for awhile rather than trying to figure out how things got to where they are at I decided to ditch that train of thought and I began to develop a step by step process that will ignite what may be a small flickering flame into a forest fire of support in your marriage!

I know one of the biggest determining factors of your success is the support you receive from your mate. Over the next two weeks I am going to give you the "7 Steps to Igniting Spousal Support." We will cover three of them this week and the final four next week. Words of caution...have an open mind and heart towards this process over the next two weeks. I have told many relationships over the years there will come a time in your marriage when you will get to decide...do you want to be married or do you want to be right! Let's not fall victim to our need to be right rather let's look at the possibilities that await a marriage full of support!

The first of the seven steps to ignite spousal support is to REALIZE. Realize that support in a marriage can look many different ways. Support from your spouse may look different than what you think support looks like. Often I have seen that if one party isn't doing what the other party would specifically define as support they will convince themselves there is no support in their relationship. In most cases this is nowhere near the truth. Look at it this way if there were 1000 different ways support could look in a marriage but the husband was operating in the range of 131-156 and the wife was operating in the range of 764-789 and they didn't realize the total number of ways support could look like they may convince themselves their spouse isn't supportive. It's also important to realize what support may look like in someone else's marriage may not be what it looks like in yours. It is never a good idea to compare your marriage to someone else's. Finally it is also very important to realize support will look different at different ages or stages of life. What may be support now may not be what is needed later on as support and what you may not be doing now may be what is needed as support later on. The key here is to realize that support can look a lot of different ways!

The second of the seven steps to ignite spousal support is to RECOGNIZE. Once you realize all the different ways support can look it's important to begin to recognize all the different ways your spouse is

supporting you. Remember you may be recognizing forms of support that aren't on your current list of support mechanisms but none the less they are supporting you in some way. Be open and honest to look for all the possible ways your spouse may be supporting you or at least the ways he or she may be telling themselves they are supporting you. I believe you will find more than you were expecting. I would personally recommend as you recognize the different forms of support that you write them down on a list and keep the list in an easily accessible location or better yet posted in a place that will be a constant reminder your spouse is supporting you. This will help you avoid stories that don't serve you concerning your spouse.

The third of the seven steps to ignite spousal support is to REPLAY. Once you have compiled a list of the many ways your spouse is supporting you it is important to take this list and begin to replay in your mind the all the different times your spouse has supported you. You want to create a high light reel of back-to-back examples of support so you can easily replay it in your mind. I have always told people the most dominant image in your mind will dictate the direction of your destiny...so what are you dwelling one? If you are consistently dwelling on all the support you tell yourself your not getting you will continue to move in that direction but if you are constantly replaying how your spouse is supporting you it will create a much higher likely hood that the support will continue to develop. Over time the support will eventually move into the realm of crossing over in to the areas of support that you both will thrive on.

REALIZE, RECOGNIZE, AND REPLAY, are the first three steps to ignite spousal support. Next week we will be covering the final four steps to ignite spousal support: REPOSITION, RESPECT, REWARD, AND RESTORATION. I can promise you will not want to miss the second half of these seven steps...it won't be long before that small flickering flame of support is a raging forest fire of support in your marriage! Live Great this week!