



#PERSPECTIVE

Supporting your spouse in her CAREER

Marriage is tricky. It's not easy to navigate through married life because suddenly, the whole dynamic of your life changes and a new commitment binds you to your partner. And it becomes even trickier if there's not enough support from your partner. Working women face these issues more often than others and as her partner, it is your duty to support her.

Have their back

When we say support, we mean it in more than one way. There are many ways to show your support but, in our society, perhaps the most important one is that you have their back in social settings. Even in 2023, there are parents who do not like the fact that their daughter-in-law is a career-oriented person. The opinions of the in-laws can encumber heavily on a person and in our society, women have to suffer this more frequently.

If your significant other has a job and your parents are disapproving of it, it is your responsibility to stand up to them on her behalf. It doesn't matter whether she defends herself or not, it's important that you support her in such situations because the truth is — she shouldn't have to defend herself just for having a job.

Lend her a hand

After spending 8 hours at office, you come back home, take a shower and sit down to relax. On the other hand, a woman coming back from office is expected to go to the kitchen for another few hours and prepare dinner. It does seem a bit cruel. So, even if you can't cook; the least you can do is



help your wife with the dishes. It doesn't matter what you do, as long as you help her because after a whole day at work, every bit counts. If you lend her a hand, the chores will be done much quicker and both of you can sit back, relax, and talk.

Communicate

There's a saying; "Communication is Key," but what it doesn't specify is what the key is for. That's because communication is the key to everything, especially in relationships. Notice that we are not recommending to talk, or to listen specifically — rather to communicate. You may communicate in any way you wish, as long as it works out between the two of you.

Pursuing a career can be stressful and there can be other issues too. One of the most desirable ways you can support your spouse in her pursuit of career is by constantly communicating with her. Listen to her when she speaks, talk to her when she wants to discuss something and just be there for her through her journey.

Be her friend

Being a friend of your spouse is harder



than you'd imagine. It's a big package that includes mutual respect, motivation, cheering on, security and empathy. Be there for your spouse through every twist



and turn. Listen to her work-related stories, advise her on professional growth when she wants it, respect her decisions and make sure she feels empowered by your support in family settings. The corporate world is hard enough; having a good friend sure makes it tolerable.

Remember that supporting your spouse is essentially supporting yourself. Be happy for them and with them. Make sure to properly discuss important issues like family planning because careers can affect big decisions as such and both of you need to be on the same page regarding any sort of life-altering decisions.

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