

DO:

- ◆ Ask for your partner's ideas for ways to solve problems before offering your own.
- ◆ Offer your ideas as choices, instead of telling your partner what to do.
- ◆ Congratulate your partner for trying to change, even if they are not successful.
- ◆ Congratulate them for the changes they do make, no matter how small.
- ◆ Acknowledge that managing diabetes can be frustrating when they are having difficulties.
- ◆ Try to really understand what they are feeling and going through before offering any suggestions of things they might do.



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DON'T:

- ◆ Don't criticize or be judgmental – your role is to listen, to encourage, to be available, to help remember, to troubleshoot, to be regular and consistent, and simply to be involved!
- ◆ Don't “take over.” Sometimes you may feel that it would be easier if you did things yourself, rather than allowing your partner to take action. But this won't help your patient-partner in the long run. The best strategy is to be a helper, not the boss.
- ◆ Don't tell your partner what to do – make suggestions, but ultimately it's their decision.