

SUPPORTING MY PARTNER

What bothers me most about seeing my partner in pain (either physical pain or emotional pain)?

Tip: This is a super important part! You want to get all your thoughts and worries out *ahead of time!* It will help you to stay present in the moment.

How do I usually feel when they're in pain?

Remember that you can't "fix" their pain because their emotions are not within your control. Knowing that, how would you like to be able to support them?

Some ideas: hold their hand, give them space, just listen...

It can be helpful to repeat a mantra to yourself in order to stay calm. Write a mantra below.

Some ideas: I don't need to fix them, I can just love them. I can hold space for them right now. I just need to show love.

If you would like to be the rock you want to be for your partner, without all the worry and stress, then click [here](#) to schedule a free consultation.

Let's see how I can support you in this journey!