



# How Writers Can Help Spouses Be Supportive

by Edie Melson

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All writers want the support of friends and family. But we also play a part in making that happen. Sometimes we sabotage our own support system without even knowing it.

## 5 Ways to Encourage Support

- **Set the Example.** When we respect what we do—by setting regular hours and making our writing a priority, others will too. Notice I said regular hours—not normal ones. For years I wrote with young children. That meant writing in the afternoons and after they were in bed. Just because we're working odd hours doesn't mean we can't have a schedule.
- **Be scrupulously honest.** It's tempting, when we're on a writing roll and the words are flowing, to ignore the clock. But if we tell someone "just five more minutes" we need to take that seriously. My kids called me out on this years ago. I was guilty of telling them a specific time—like I'd be done in thirty minutes—and not following through. Frequently I'd look up after the allotted time and see my kids engaged in other things and **assume** they weren't paying attention and I could squeeze a little more writing time in. Turns out they **were** paying attention and it set a bad example.
- **Communicate specific writing goals.** It's hard to cheer someone on and support them when you don't know what they're aiming for. Enlist those you love to help you reach your writing goals. Communicate those goals, clearly and frequently. Ask for their help to reach them.





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## 5 Ways to Encourage Support (continued)

- **Build in a Reward.** When I set a goal, I also like a reward. And it's even better if my spouse and family gets to take part. For example, I might tell my family that if I write so many words this week, on the weekend we'll take a daytrip to a place we all love.
- **Share the victories.** When we reach a goal, it should be a joint celebration. Our families have sacrificed and cheered us on and they deserve the reward as well.



Edie Melson—author, blogger & speaker—has a passion to help those who are struggling find the God-given strength they need to triumph through difficult circumstances. Connect with her at [www.EdieMelson.com](http://www.EdieMelson.com)

