

It's hard to lose weight when spouse keeps buying pizza



You're determined to shed those pesky extra pounds and have been eating less and exercising more. There's just one little problem: Your spouse — who, ahem, could stand to drop some weight, too — isn't willing to go along with your get-fit regimen. If he insists on eating burgers and fries while you nibble on broccoli and [brown rice](#), your new diet may be hard to swallow.

Now What?

The first thing you need to do is to spell out for your partner why [losing weight](#) is so important to you, says Nicole Kahn, a [marriage and family therapist in San Diego](#). You also need to let your husband explain why he is resistant to making changes to his eating habits.

"It's important for both parties to understand what are the deeper needs beneath this particular goal," she says.

Once you've detailed the reasons why you want to lose weight, Kahn recommends making a simple, short-term request. Don't say, "We're both going to eat healthy this whole year." Instead ask, "Can we try to keep [junk food](#) out of the house for one week?" After that week is over, ask your husband for another week of junk-food-free living, Kahn says. A finite request makes the sacrifice more manageable and attainable.

Don't "shame, blame or criticize" your mate if he slips up or continues to chomp on [potato chips](#) and pretzels, Kahn counsels. That will only drive a wedge between the two of you and make your personal weight-loss goals a battlefield.

It's a good idea to look for a support system outside of your partner when it comes to losing weight. But you need to be careful, too. If you rely solely on a friend or other dieters, you could risk having an "emotional divorce" from your mate, Kahn says.

The best thing to do is to keep at your diet but also continue to explore your spouse's refusal to change his own habits — in a nonjudgmental way, of course.