

Triumphant Tales Guide

3 Steps to Overcoming Lack of Support in Your Relationship So You Can Succeed in Small Business



Dedicated to
MY SONS,
It all began with you...

And to my readers old and new... It lives on for you.

Beginning with Gratitude

Thank you for choosing me as a resource along your journey to success. It may seem overdone, maybe even a little cliché to say this, *but*, I really, truly mean it!

I appreciate you taking the time to read this report from start to finish.

I hope you do, because it's designed to help you navigate the difficult (and ultimately *rewarding*) patch of stress and anxiety you're probably wading through *right now*.

Imagine – What would it *feel* like to shed all the fears and doubts that are weighing to you down?

To be secure knowing that YOU CAN work through the challenges and Rock Your Business like the best of them?

While I can't whisk away *all* your worries, **I'm here to provide solid strategies for effectively coping with an unsupportive spouse.**

Why I Wrote This For You

Just over 18 years ago, I opened my first home-based business. It's been a wild ride full of growth, despair, joy and heartache. One thing it's never been is *boring*! I've experienced many forms of freedom along my path, including finding new love after enduring 22 years in an unsupportive, destructive relationship.

For me, that relationship was the inspiration behind this guide.

While I'm not necessarily suggesting you say 'Sayonara!' to *your* spouse, I *will* help you identify the **differences between unsupportive and destructive behavior.**

Inside these pages . . .

I will share concrete strategies to help you overcome the frustration that comes from resistance, apathy and misunderstanding on behalf of your spouse and **confidently welcome success** into your business and life.

Full Disclosure: At the end of this guide, I will invite you to join me to explore this topic further so I can help you *completely* overcome the lack of support you're experiencing and become your own biggest fan.

Ready? *Deep Breath.*

Now let's get this freedom train rolling with 3 Steps to overcoming this lack of support you're experiencing so you can start soaring in your small business, today.



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The necessary and somewhat dry legal mumbo jumbo that protects us both from misunderstandings and conflict. (Psst – I spiced it up a bit for you!)

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Any advice shared here is based purely on personal experience and individual research, not on any specific area of professional expertise. **Treat it as helpful (not expert) advice.** It is expected and recommended that you consult with the appropriate professionals to create a plan of action for your specific situation.

For example, consult accountants for financial issues, lawyers for legal ones, health and mental professionals including therapists and counselors when appropriate. *Please* acquire the help a trusted professional for advice and attention on this level. Remember that I’m just a passionate female entrepreneur with a big heart and a message based off self-teaching and personal experience!

The Burning Question You *Have To* Answer

Have you ever laid awake at night wondering if you can actually do this entrepreneurial thing without the support and encouragement of the love of your life?

- » Wondering if it's even possible to "have it all" when the one you love most seems to believe you can't?
- » Are you struggling with lack of support from your partner?
- » Do you have twinges of envy when you see the loving husband or doting wife utter words of praise and support to their entrepreneurial counterpart? Meanwhile, you're scrambling to find any evidence of hope that the one you love feels anything but disdain for your dreams.

It *hurts* doesn't it?

It's a tough place to be. I know, I've been there – more times than I can count and for more years than I care to remember . . . **wondering if there was any point in trying to build a business when I felt like I was being discouraged and undermined at every turn.**

Because I've been there I can truthfully, honestly and unequivocally say (without even knowing you or your dreams) "Yes!" You absolutely CAN do this entrepreneurial thing without the support and encouragement of the love of your life if you want it bad enough.

I'm going to show you how to make it work. **But . . .**
1

You just knew there had to be a **But**, didn't you?

Part of being a brilliant entrepreneur is the ability to be honest with yourself. You know that any question with the power to keep you awake at night isn't going to come with any ol' easy answer. Realizing your spouse doesn't support your dreams is a hard cookie to swallow at first, yet you are better off for facing it head on.

The Upside

You *can* be a thriving entrepreneur even if your significant other is not on board from the beginning. If you are still a little hesitant about how that is humanly possible, set the worry aside for a moment.

You can totally be successful without external support, even though it isn't easy.

We'll touch on varying degrees of unsupportive behavior so you have tools to **figure out what you need to succeed in every stage.** If your partner isn't *completely apathetic* toward your business but you still aren't receiving the encouragement you need, it may be a case of them not knowing how to be supportive of what they don't understand or aren't passionate about themselves. In some cases, it boils down to a basic communication disconnect, and in others, there exists a serious dysfunction that must be addressed.

Keep Your Eyes On Your Own Paper

Avoid being jealous of couples with a super support foundation in their relationship. Rest assured everyone has their own challenges, and yours will be best overcome by focusing on your unique needs and desires.

Begin letting go of the need to compare your relationship to others, know everyone faces challenges and **focus on what you need to succeed.**

STEP ONE: Embrace the Challenge

If you've ever attended a self-help group or read any of the related literature, you'll be familiar with the concept that the first part of overcoming a problem is accepting that it is a problem.

Start there.

Part 1

Carefully consider: Is there a serious lack of support from your spouse when it comes to your entrepreneurial dream?

If the answer's Yes, pat yourself on the back for completing Part 1 of Step 1!

Part 2

Ask yourself: Is this a challenge I need or *want* to accept?

A great way to find the answer is by determining if it's a big enough problem for you to devote energy to solving.

i.e. For the longest time, I ignored this issue in my marriage. Lack of support was the least of my worries, because I had an "I can do it"/"I'll show him" attitude when it came to my business. That was enough to fuel my drive and keep believing in myself. Later on, that changed, and it *became* a Big issue. At that point, my answer became "Yes" – I accepted the problem, because I wanted something better for my life and my business.

Be aware that burying your head in the sand about relationship issues is not a long term solution.

Things to Keep in Mind

1. Prolonging Acceptance

If you're in the startup stages of business and it's not affecting your growth or drive, then you can delay dealing with the issue until a time in the future when you are truly ready to address it. However, be aware that burying your head in the sand about relationship issues is not a long term solution and avoidance will not make the task of dealing with it any easier. Sometimes when things are starting to take off and the money is coming in, it's enticing to entertain the fantasy that 'making it' financially is the key to mending your relationship. Success is very seldom the solution to the issue. Treat your business and your relationship as separate entities and face the lack of support when it feels right to you.

2. You Are Unique

Keep in mind that this strategy won't work for everyone. If you're already doubting yourself or your abilities, you owe it to yourself and your business to address the problem before it zaps all the life out of your efforts. Some people are strong, resilient and have the faith in themselves or a higher power to not be deterred by naysayers. Even if the naysayer is the love of their life. Some of us are sensitive, and it deeply affects us, and our ability to stay motivated about our business. For us sensitive souls, sooner or later, we must learn to accept that the challenge exists and find ways to work around it. Under it. Through it! Whatever it takes to move the business forward, because success isn't possible with a huge elephant in the room, clouding our progress with doubt and destroying our self-esteem in the process.

3. Success is Achieved When You Want It

Most of the successful, self-made entrepreneurs I know possess something special. A deep, burning desire to make it. Take inventory of your enterprise. Is this something you want with your entire being – mind, body & soul? If so, what needs to happen in your life for you to attain it with happiness and peace of mind? Is it worth addressing a lack of support to clear the path for your success? Only you know the answer to this.

STEP TWO: Determine the Degree

Though I'll readily admit that I love a little *Pop* of drama in my life, and I'm an advocate for entrepreneurial women excelling in business which does cause a bit of a (okay, a *huge*) bias against unsupportive spouses, the last thing I would ever want to do is to give you the tools to mistakenly make a mountain out of a molehill.

Let's be Clear: Lack of support for your business, in and of itself, doesn't mean there is something seriously wrong with your relationship!

Sometimes really great guys (and girls) get caught up in their own thoughts and fears and they don't quite know how to communicate. I experienced this recently with my boyfriend as I began to develop the revamped business plan for Patrysha.com. Initially, his fears came across as unsupportive. Thankfully, **healthy communication skills** brought an almost *instant* resolution.

Unlike my previous marriage, the issue did not boil up and eventually erupt repeatedly but was instead addressed through conversation and clarification that quickly reduced it to a non-issue. It was a valuable lesson to not react in fear or jump to conclusions. For me, it confirmed that there is a big difference between conflict in a healthy relationship versus an unhealthy one.

I know and can identify the difference now, and I hope that in our exploration together you can learn to tell the difference, too!
That's just one example of meeting your spouse halfway. A valuable tool in a loving marriage and a heart-led business.

Reasons for Lack of Support – How Big Is the Issue?

- Sometimes (although rare) an aspiring entrepreneur has an idea that's too grand to seem realistic and our loved ones lack of support is a way of protecting us. Clumsily, perhaps – but remember they didn't sign up for this entrepreneurial craziness and all the change it brings! It pays to be patient at times.
- You may be emotional and sensitive about our own doubts to the point where you're making assumptions about your partner's words or behavior. Be cautious in diagnosing your situation or allowing outsiders to do so. If you're feeling uncomfortable enough with the situation that it's keeping you up at night, there IS an underlying issue of lack of support that needs to be addressed. You aren't imagining things. Your feelings are valid. Just proceed with openness and consider that all you may need to do is brush up on your communication skills to find the support you're seeking from your partner.
- You may be in the grips of a destructive (way beyond unsupportive) relationship. This is heartbreaking. If that's the cause of your doubts and fears, please know from someone who has been in your shoes that there is still hope.

Use these examples to gauge the Size & Scope your current situation, and dive into Step 3 to gather your bundle of tools to meet your challenge head on!

STEP THREE: Equip Yourself for Success

This is where the paths of assessment and action diverge. In step two, we touched upon the difference between those who have unsupportive (but ultimately loving, trainable and healthy) partners and those dealing with a greater challenge.

Do you know which level of non-support you need to overcome?

If you are primarily dealing with a generally loving, but unsupportive partner when it comes to your business, communication skills can be readily enhanced through **couple's counseling, self-help books and adapting better communication habits**. You don't have to hold out for the hope that one day they'll "get it" when you "make it". That can be exhausting and a lot of work on your part.

Professional Help can strengthen your self-confidence and allow you to vent about things your family and friends may not understand. Remaining clear on what *you* need to concentrate on in order to advance your business sometimes means creating distance from those closest to you. Consider seeking an objective outlet to address relationship and work life challenges.

Seek Outlets that Alleviate Relationship Pressure. While support from your spouse is not a mandatory requirement for becoming a successful entrepreneur, you *do* need a **solid, healthy support system**. Organize a support group, join a mastermind, hire a life coach or seek business counsel to fuel your progress.

If you want to learn more ways to advance your business outside of your relationship, make sure to reserve your spot for my upcoming webinar: "[Gain Spousal Support: Success Strategies for Female Entrepreneurs](#)"

When Unsupportive Becomes Destructive

If you even have an inkling of doubt that your relationship veers into the destructive zone with deeper underlying issues like alcohol, addictions

or abuse, equip yourself with solid information on domestic abuse and start creating a plan towards building a healthy relationship that gives you physical, emotional and financial safety.

Use the following resources to navigate a potentially destructive dynamic:

- [The Verbally Abusive Relationship | Patricia Evans](#)
Learn to recognize, respond and move on from abusive scenarios and relationships.
- [Codependent No More | Melody Beattie](#)
Come to understand how codependency distracts you from your goals and wraps you up in drama that is not your own. A great resource for building strong entrepreneurial foundations of self-confidence and sovereignty.
- [Why Does He Do That?: Inside the Minds of Angry and Controlling Men | Lundy Bancroft](#)

A must-read for anyone who suspects their partner is borderline abusive. Bancroft makes important distinctions like the fact that couple's counseling can actually be dangerous and even escalate the abuse in certain situations. This book unveils the why behind the mentality of abuse and empowers you overcome it.

Keep Asking Questions

If you're not sure if your spouse falls into category A or category B, reassess and ask yourself the questions from Step 1. It can be very hard in the midst of madness to know whether your spouse is simply unsupportive or truly destructive. It's alarmingly normal to not know that you're in a destructive relationship until you find yourself in real danger a few dozen or more times. One of the best tools I can direct you to (other than Bancroft's book mentioned above) is the [Deluth Power and Control Wheel](#).

If you identify with the behaviors described, there is no doubt that it is affecting you mentally, physically, spiritually and financially. That is a terrifying place to be, but I want you know that you can take back control and become the person you want to be, even if you don't quite know who that is yet.

There is help and hope.

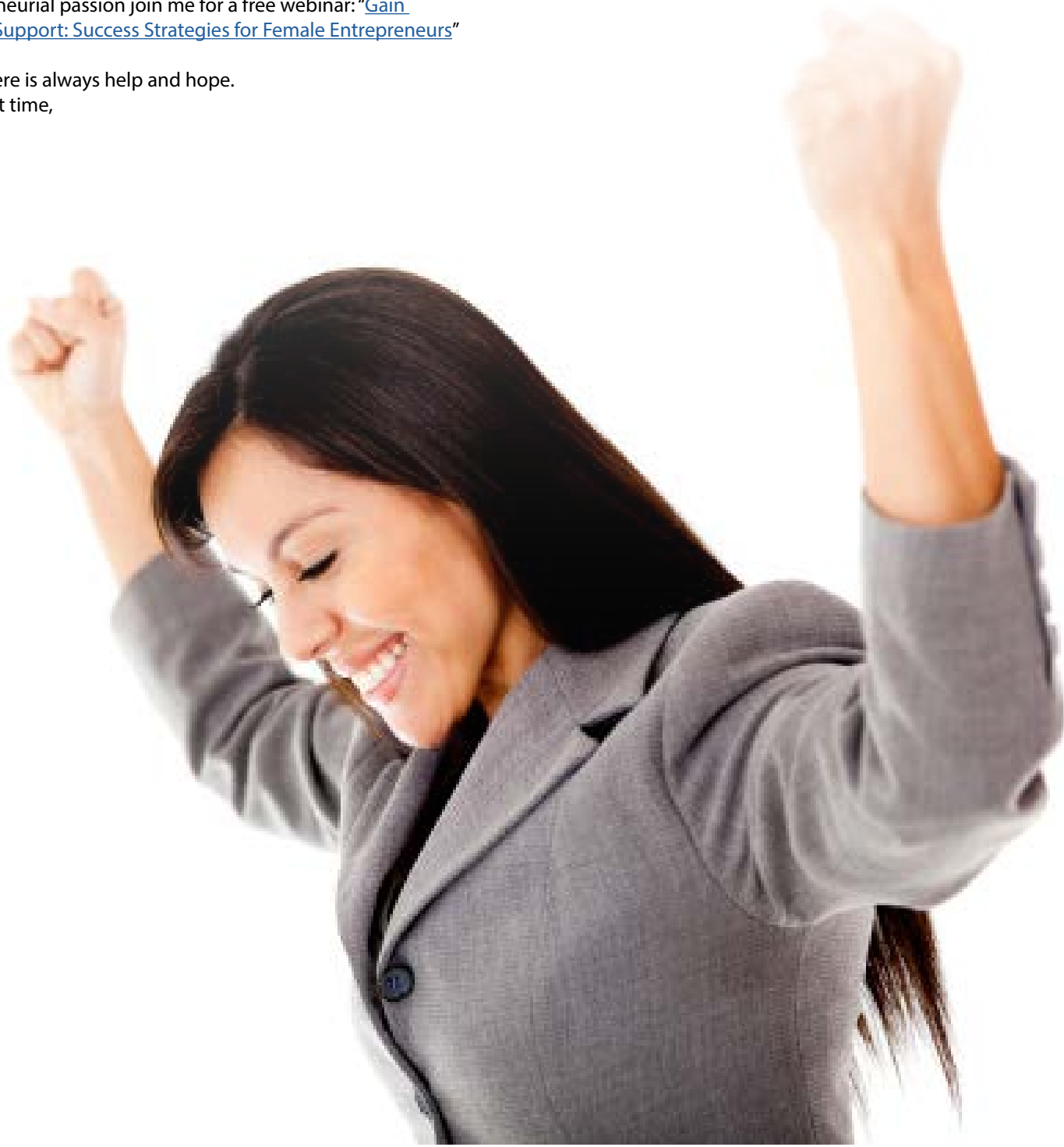
Now what?

I hope these steps equipped you with some relateable examples and practical knowledge that you can use to start making Big changes right away.

As I mentioned at the beginning, I'm inviting you to take this conversation to the next level. To dig deeper and learn more powerful tools to help you bust through an unsupportive situation that may be holding you and your business back.

If you're ready to peel back the petals and explore new possibilities for your self-esteem, financial security and entrepreneurial passion join me for a free webinar: "[Gain Spousal Support: Success Strategies for Female Entrepreneurs](#)"

Know there is always help and hope.
Until next time,



About the Author

Patrysha is a Writer, Speaker and Heart-Led Entrepreneur on a mission to end family violence and empower businesswomen to thrive in light of relationship challenges. A multi-passionate businesswoman who carried the weight of an unsupportive, destructive partnership for over two decades, she is passionate about giving female entrepreneurs the tools and resources to make empowered decisions for the health of their families, businesses and themselves. With a background in publishing, freelance writing and marketing, Patrysha continues to pursue the success she advocates for her clients. She resides in Whitecourt, Alberta, enjoys a loving relationship with her partner and continues to build the vision of Patrysha.com into a planned community for survivors of intimate partner violence. Read Patrysha's story [HERE](#).

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