

Ways You Can Encourage Your Wife

Hype her up whenever she succeeds at something, even if it is as little as mastering a recipe.



Don't give false praises and hopes. Let your wife know the reality and help her achieve the goal with practical tips.



Brag about her to your friends and family to show her how proud you are. This can be her biggest motivation.



Be a responsive listener and give your genuine opinion on what you think about it.



Help her take a break to clear her mind. Take her out or engage in a relaxing activity with her.



Give her space and time to think, and don't ridicule her but be patient.

