

Title:

The Challenges of Being an Expat Spouse

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1009

Summary:

What are the challenges you are facing as an expat spouse?

Do you see yourself here by circumstance or has this move been your choice?

Is this a unique opportunity or something you are tolerating until your spouse's contract is over?

Keywords:

expatriate

Article Body:

What Unique Opportunities Exist Here?

What are the challenges you are facing as an expat spouse?

Do you see yourself here by circumstance or has this move been your choice?

Is this a unique opportunity or something you are tolerating until your spouse's contract is over?

It is important to realize that the experience you have is your experience and that it may differ from what you expect.

Make this a unique opportunity. To do something that you have always wanted to do, to stretch yourself.

Is your spouse busy and involved in his work?

Do you find yourself with more time on your hands than you know what to do with?

Do you feel lost in the shuffle?

You may have to adjust to doing more things on your own and managing more of the home/family duties.

Make this a unique opportunity . to spend more one-on-one, quality time with your children, if you have any.

What will this move mean to your career?

Have you lost your sense of self?

Do you find yourself asking yourself . What's in this for me?

. Where/How do I fit into this picture?

You may not be able to work or you may not want to. Either way, adjusting to being a non-income earner can be challenging.

Make this a unique opportunity . To find as many ways as possible to enjoy the adventure of living abroad.

Do you feel isolated and alone?

Is there anyone who truly understands what you are going through?

Are you missing your family & friends?

Make sure that you establish support networks. You can't rely on your partner to fulfill all of your needs.

You will find that expatriate friends often play the role that family play back home. They are there for you.

Make this a unique opportunity .. To reach out and create an overseas family. Reach out to local expats.

How are you handling the challenges of living in a different culture?

Do you find yourself unsure of how to deal with the simplest of things?

What are your needs and interests and how are they being met?

You will have the opportunity to do things that you have never done before. This is a great way to grow.

Remember that other expats are in the same situation. You are not alone.

When you live in a place for all of your life you get complacent about what that country offers.

Make this a unique opportunity.... To see and do as much as you can while you are here. Be cr

ENJOY this UNIQUE OPPORTUNITY!

Quote of the week:

^A successful marriage is an edifice that must be rebuilt every day.~ Andre Maurois

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