



## **Thriving in Cultural Mobility: Family and Spousal Impact**

**Ms. Maria Rosa Eguez**

**September 22, 2014**

*"A human being is a deciding being. Everything can be taken from a man but one thing: the last of human freedoms is the ability to choose one's attitude in any given set of circumstances, to choose one's own way." (Victor Frankl, 1905-1997, Austrian neurologist and psychiatrist)*

- Transitioning from an independent life to becoming "the spouse of" can create confusion of personal identity and low self-esteem.
- You are responsible for your choices and decisions.
- ATTITUDE is what really matters in building a new life.
- Setting new goals and expectations is necessary.
  - Challenge yourself to reach these goals.
- Adjust to changes, embrace the challenges of new responsibilities and view them as opportunities for personal enrichment.
  - Use your skills and develop new abilities.
- Move not only physically, but also mentally. Do not compare or miss what you have left behind, it is a waste of time and energy.
- Go out and meet people, discover your new city and engage in interesting activities.
- Validate your role as the spouse of a diplomat. We make a unique and valuable contribution to our spouses' work and success.
- Be supportive to the family in the process of transition.
- Reassure your children: HOME is not a physical structure, but an emotional location.
- Expat children need to keep their roots.
  - The native language is a link between the child and their roots.
- Learning the hosting country's language is important for integration and adjustment.
- Encourage interest in the new setting by gathering and sharing information with your family prior to departure.
- Value your children's opinion and participation when packing their possessions.
- Be aware that excessive internet communication with friends elsewhere can hinder children from building relationships in your new setting.

*"For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general, but rather the specific meaning of a person's life at a given moment." (Victor Frankl)*