

How to Rehearse a Conversation With Your Wife – Playbook

Use this before the conversation. Work through it alone. You should be able to walk away from this page ready to say what you need to say.

Step 1: Write the Thought That's Been Stopping You

Not a general worry. The specific sentence. Write it here in your head:

"If I bring this up, she will _____."

Now look at it. Ask yourself: Is this a fact I know, or a fear I'm treating like a fact?

Write a more accurate version beside it. Not an optimistic spin. Just what you actually know is true right now.

Step 2: Write Your Opening Line

One sentence. What's the first thing you'd say?

Rules for the opening line:

- Start with what's true for you, not a complaint about her.
- Keep it short. Under 20 words is better.
- Do not start with "You always" or "You never."

Good example:

"I've been wanting to say something for a while and I've been putting it off."

Write yours. Then say it out loud three times. Listen to your own voice. Adjust until it sounds like you.

Step 3: Rehearse the Two Responses You're Most Afraid Of

The sceptical response: She says something like "Why are you bringing this up now?" or "You always do this."

Your prepared reply:

"You're right to be sceptical. I haven't exactly made this easy. I'm not here to argue about the past. I'm here because I want things to be different."

The silence response: She goes quiet. Nothing comes back.

Your prepared reply:

"I can see you've gone quiet. I'm not trying to push you. I just want you to know I'm not going anywhere."

Say both of these out loud. The goal is for them to feel available, not scripted.

Step 4: Choose Your Opening Script

Pick the one that fits your situation.

If you've been avoiding this for a while:

"I've been wanting to say something for a while and I've been putting it off. I'm not sure I'll say it perfectly, but I'd rather say it badly than keep not saying it. I miss

feeling close to you. I know things have been off between us. I want to talk about that, when you're up for it."

If things have felt distant and flat:

"I've been thinking about us lately. I've noticed we've been pretty disconnected. Like we're running on parallel tracks. I don't think it's anyone's fault. But it matters to me. You matter to me. I wanted you to know I've noticed."

Step 5: Prepare Your Close

However the conversation goes, have this ready:

"I'm glad we talked. I don't need you to have answers right now. I just wanted you to know where I'm at. Whatever comes next, I'm glad you heard it."

This removes pressure from the end of the conversation. She doesn't need to fix anything or respond perfectly. Neither do you.

Know Your Style: Quick Adjustments

If you avoid conflict: Rehearse saying the opening line and not softening it immediately. Say it. Sit with the discomfort. Don't take it back.

If you tend to shut down: Practise Script 3 (the one about not going anywhere). Do it until it feels like a reflex.

If you push harder when unheard: Practise the close without pressure. Specifically, practise the detachment of not needing a specific response.

If you get defensive: Rehearse absorbing the sting in Script 4. Say it out loud. Feel the discomfort of not defending yourself. That's the work.

If It Goes Sideways

If you go blank:

"I know what I want to say and it's not coming out right. Give me a moment."

If she shuts the conversation down:

"I hear you. We don't have to finish this now. I'm not going anywhere."

If you say something badly:

"That didn't come out how I meant it. What I was trying to say is..."

Then use the simpler version. Stop adding words.

Before You Go In

Check these:

- I've said my opening line out loud at least three times.
- I've rehearsed at least one hard response she might give.
- I'm not going in expecting a specific outcome.
- I know what I want to say. I don't need to say it perfectly.

That's enough. Go.