

What to Say After a Blowup With Your Wife – Checklist

Use this before or during the conversation that follows a blowup.

Before You Start

- ☐ Wait until your heart rate and voice are steady, usually twenty to thirty minutes minimum.
- ☐ Decide the one specific thing you're apologizing for, not a general sorry.
- ☐ Find a moment when she's not mid-task or distracted.

What to Watch For

- ☐ Your own urge to defend or explain before you've apologized.
- ☐ Her body language. Crossed arms or turned away usually means she's not ready yet.
- ☐ Your voice getting louder or faster, a sign you're not as calm as you think.

What to Say

- ☐ "I want to talk about what happened, when you're ready."
- ☐ "I was out of line and I want to own that."
- ☐ "I miss us. Not just the fighting being over, actually being close to you again."

What Not to Do

- ☐ Don't lead with an explanation before an apology.
- ☐ Don't say "I'm sorry, but..."
- ☐ Don't push through a closed door twice in one night.

Repair Move

- ☐ If she brings the fight back up later, don't get defensive. Repeat the same ownership calmly.
- ☐ Try: "I know I already said this, but I meant it."

Success Check

- ☐ She responds instead of staying silent when you check back in.
- ☐ The tension in her voice or body eases as the conversation goes on.