

When You Want to Fix It But She Needs You to Listen - Checklist

Use this before or during a conversation where she needs you to listen more than she needs you to solve.

Before You Start

- ☐ Put your phone away and turn your whole body toward her.
- ☐ Remind yourself of the one job: hear her out before you offer anything.
- ☐ Decide on one line you'll use to ask permission before she starts talking.

What To Watch For

- ☐ The urge to jump in with an answer before she's finished a sentence.
- ☐ Her voice trailing off or her switching to "never mind, it's fine."
- ☐ Your own energy rising to match hers instead of staying steady.
- ☐ Your own instinct to go quiet or leave the room.

What To Say

- ☐ "Wait, before I say anything else, let me make sure I heard you right."
- ☐ "Do you want me to just listen right now, or do you want ideas too?"
- ☐ "So today felt like nobody had your back, and you're worn out. Did I get that right?"
- ☐ "I hear how frustrated you are. Say it again, I want to get this right."

What Not To Do

- ☐ Don't offer a solution before she's said she wants one.
- ☐ Don't explain your side before you've reflected hers.
- ☐ Don't minimize what she's feeling ("it's not that big a deal").
- ☐ Don't leave the room without saying you're coming back.

Repair Move

If you slip and start fixing anyway, stop and name it instead of pushing through.

"I just noticed I've been trying to solve this instead of hearing you out. Can you back up and tell me the part I missed?"

If the conversation already went badly, repair it the same day.

"I've been thinking about earlier. I jumped straight to fixing it instead of just listening to you. Can we try that conversation again?"

Success Check

- ☐ She keeps talking instead of trailing off with "never mind" or "forget it."
- ☐ Her posture softens: arms uncross, she leans toward you, or she reaches for your hand while she's still talking.

Did she seem more or less defensive after you used this?