

When You're Scared to Ask Your Wife for Sex, Checklist

A quick reference for before, during, and after the ask.

Before You Start

- ☐ ☐ Name the specific fear, not the general one
- ☐ ☐ Remind yourself: a no right now is not a no to you as a person
- ☐ ☐ Decide what you're actually asking for (closeness, connection, breaking a pattern)
- ☐ ☐ Choose your rung on the graduated ask ladder
- ☐ ☐ Practice your clean "okay" in case she says no
- ☐ ☐ Pick a moment with no obvious obstacles (not her exhausted, not right after tension)

What To Watch For

- ☐ ☐ Her body language before you say anything, is she open or closed off?
- ☐ ☐ Whether she's in the middle of something, winding down, or available
- ☐ ☐ Signs of recent tension that haven't been resolved
- ☐ ☐ How she responds to the first rung before you move higher

What To Say

- ☐ ☐ Rung 1: "I've been missing you a bit. I just wanted you to know that."
- ☐ ☐ Rung 2: "Can I just sit with you for a bit?" + "I've missed this."
- ☐ ☐ Rung 3: "Is there anything that would make you feel more connected to me right now?"
- ☐ ☐ Rung 4: "I'd love to be close to you tonight if you're open to it. No pressure either way."
- ☐ ☐ Rung 5: "I've been missing the closeness we used to have. I think I got scared and went quiet instead."
- ☐ ☐ Script 4 (if she goes quiet): "You don't have to answer that right now. I just wanted you to know I was thinking about you."

What Not To Do

- ☐ ☐ Don't ask late at night when you're already frustrated
- ☐ ☐ Don't set it up as a reward transaction (extra chores, extra attentiveness with an obvious agenda)

- ☐ ☐ Don't fill her silence immediately, wait at least 10 seconds
- ☐ ☐ Don't go cold if she says no
- ☐ ☐ Don't add to the ask once you've said it, let it stand
- ☐ ☐ Don't move up the ladder before she's responded to the current rung

Repair Move

If the ask went wrong and you need a reset:

"I know that didn't go the way I hoped. I'm not trying to make it a big thing. I just want us to feel a bit closer, can I start over?"

Keep your voice low. Drop it after this if she doesn't respond.

Success Check

- ☐ ☐ She said no and the evening didn't go cold
- ☐ ☐ She mentioned closeness or connection without being prompted
- ☐ ☐ You stayed present after the ask, whatever she said
- ☐ ☐ You accepted her response without making it about your worth