

How to Talk to Your Wife When Sex Has Gone Stale – Checklist

A quick-reference card for the conversation about stale sex. Read it before you start, not after.

Before You Start

- ☐ ☐ Pick the right moment — not in bed, not right before sleep, not when either of you is already stressed
- ☐ ☐ Choose side-by-side positioning over face to face (a drive, dishes, outside)
- ☐ ☐ Decide which rung you're starting on: connection gap (1), physical distance (2), her experience (3), or honest want (4)
- ☐ ☐ Know your own communication style and the adjustment it needs
- ☐ ☐ Set your goal: open the door, not solve everything

What To Watch For

- ☐ ☐ She stays in the conversation — doesn't shut it down immediately
- ☐ ☐ She asks any question about what you said
- ☐ ☐ Her body language stays open rather than turning away
- ☐ ☐ Silence after your opening — often means she's thinking, not refusing
- ☐ ☐ In the days after: small casual touch, a bid for connection she hasn't made recently

What To Say

Rung 1 — Soft open:

- ☐ ☐ "I've been thinking that we've felt kind of disconnected lately. I miss feeling close to you."

Rung 2 — Physical distance:

- ☐ ☐ "I miss when we used to just reach for each other. I know I've probably pulled back too."

Rung 3 — Ask her experience:

- ☐ ☐ "What has the last while felt like from your side?"

Rung 4 — Honest want:

- ☐ ☐ "I miss being close to you in that way. What would help you feel more connected to me?"

What Not To Do

- ☐ ☐ Don't bring it up in bed or right before sleep
- ☐ ☐ Don't frame it as her problem or her fault
- ☐ ☐ Don't say "you never" or "you always"
- ☐ ☐ Don't try to solve everything in one conversation
- ☐ ☐ Don't fill silences — let her respond in her own time
- ☐ ☐ Don't problem-solve while she's still talking

Repair Move

If it goes sideways, wait 24 to 48 hours, then say:

- ☐ ☐ "That conversation didn't go how I wanted it to. I don't think I said it well."
- ☐ ☐ "What I was trying to say is that I miss you. That's really all it was."

Success Check

- ☐ ☐ She stayed in the conversation — even briefly — without shutting it down
- ☐ ☐ You said something real without it turning into an argument
- ☐ ☐ In the days after, physical or emotional warmth increased even slightly