

How to Make Her Feel Safe Talking to You - Checklist

Quick reference for before or during a real conversation.

Before You Start

- ☐ Phone face down, out of reach
- ☐ Pick a moment when neither of you is already upset
- ☐ Remind yourself: your job right now is to listen, not to fix

What To Watch For

- ☐ Your own urge to defend or explain before she finishes
- ☐ Her voice getting quieter or shorter, a sign she's pulling back
- ☐ Your chest tightening, a sign you're about to shut down

What To Say

- ☐ "Can you tell me more?"
- ☐ "You're right that I [specific thing]. I can see why that hurt."
- ☐ "I'm overwhelmed and I need twenty minutes. I'm not leaving. I'll be back."

What Not To Do

- ☐ Don't say "you're overreacting"
- ☐ Don't add "but" after an apology
- ☐ Don't leave without naming when you'll come back

Repair Move

If it goes badly, wait twenty to thirty minutes, then say: "That went worse than I wanted. Can we try that again, slower this time?"

Success Check

- ☐ She finishes more sentences without you jumping in
- ☐ She brings something up without you asking first

☐ Small touch starts returning before you've asked for it