

# How to Rehearse a Conversation With Your Wife – Checklist

*Work through this alone before the conversation. One honest pass is all it takes.*

## Before You Start

- ☐ ☐ Write down the specific thought that's been stopping you. ("If I bring this up, she will...")
- ☐ ☐ Ask: is this a fact or a fear? Write the more accurate version next to it.
- ☐ ☐ Write your opening line. One sentence. Under 20 words.
- ☐ ☐ Say your opening line out loud at least three times.
- ☐ ☐ Adjust it until it sounds like you, not a script.

## What To Watch For

- ☐ ☐ You're starting with what's true for you, not a complaint about her.
- ☐ ☐ Your opening doesn't start with "You always" or "You never."
- ☐ ☐ You're not going in expecting a specific response from her.
- ☐ ☐ You've rehearsed at least one hard response she might give.
- ☐ ☐ You have a closing line ready that removes pressure.

## What To Say

Have at least one of these ready before you walk in:

- ☐ ☐ Opening (avoiding): "I've been wanting to say something for a while and I've been putting it off. I'm not sure I'll say it perfectly, but I'd rather say it badly than keep not saying it."
- ☐ ☐ Opening (distance): "I've been thinking about us lately. I've noticed we've been pretty disconnected. You matter to me. I wanted you to know I've noticed."
- ☐ ☐ When she goes quiet: "I can see you've gone quiet. I'm not trying to push you. I just want you to know I'm not going anywhere."
- ☐ ☐ When she's sceptical: "You're right to be sceptical. I'm not here to argue about the past. I'm here because I want things to be different."
- ☐ ☐ Closing: "I'm glad we talked. I don't need you to have answers right now."

## What Not To Do

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- ☐ ☐ Don't go in without having said the opening line out loud first.
- ☐ ☐ Don't start with a complaint, a score, or a list of what's been wrong.
- ☐ ☐ Don't add more words after you've said something badly. Use the simpler version.
- ☐ ☐ Don't re-raise the topic an hour after the conversation ends. Give it room.
- ☐ ☐ Don't expect resolution in the first conversation. That's not the goal.

## Repair Move

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If the conversation breaks down:

- ☐ ☐ If you go blank: "I know what I want to say and it's not coming out right. Give me a moment."
- ☐ ☐ If she shuts it down: "I hear you. We don't have to finish this now. I'm not going anywhere."
- ☐ ☐ If you say something badly: "That didn't come out how I meant it. What I was trying to say is..." Then use the shorter version.

## Success Check

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- ☐ ☐ You had the conversation you'd been putting off, even if it didn't go perfectly.
- ☐ ☐ You stayed in the conversation instead of shutting down or walking away.
- ☐ ☐ After the conversation, the tension between you was the same or lower, not higher.