

What Truths Hurt a Marriage – Checklist

A quick reference to use right before or during the conversation.

Before You Start

- ☐ Run the truth through the four questions: whose weight is it, is it active or over, can she act on it, are you ready for what comes after.
- ☐ Pick a private, calm moment. Not mid-argument, not right before either of you has to leave.
- ☐ Decide your one specific ask, whether it's support, patience, or simply to be heard.

What To Watch For

- ☐ Your own urge to soften the truth into something unrecognizable.
- ☐ Your own urge to add extra explanation the second you finish talking.
- ☐ Her face and body language shifting mid-conversation, which tells you when to slow down.

What To Say

- ☐ Open with context, not the scariest detail: "I want you to hear the whole thing before you react."
- ☐ State the truth in one plain sentence.
- ☐ Say what you want from telling her: "I'm not telling you this to be forgiven right now."

What Not To Do

- ☐ Don't confess everything at once just to clear your conscience in one sitting.
- ☐ Don't need her to comfort you while you're still talking.
- ☐ Don't wait for a perfect moment that isn't coming.
- ☐ Don't treat one conversation as the finish line.

Repair Move

If it goes worse than you hoped: "I know that hit hard. I'm not asking you to be okay with it today. I'm still here."

If she goes quiet: "I'm sorry for the timing, not for telling you. I'd rather you know than wonder."

Success Check

- ☐ She asks follow-up questions instead of shutting the conversation down completely.
- ☐ She brings the topic up again on her own within a few days.