

When Words Aren't Getting Through to Her - Checklist

A quick reference to run through before or during a conversation that matters.

Before You Start

- ☐ Phone face down and out of your hand.
- ☐ Body fully turned toward her, knees and shoulders included.
- ☐ Shoulders dropped, jaw unclenched, one slow breath taken.

What To Watch For

- ☐ Your own arms crossing or your eyes drifting to a screen.
- ☐ Your speech speeding up as the topic gets harder.
- ☐ Physical distance growing between you as the conversation goes on.

What To Say

- ☐ "Give me a second, I want to face you for this." *[Turn toward her.]*
- ☐ "I care about this, so I'm going to slow down and say it calmer." *[Lower your voice.]*
- ☐ "I don't have all the words yet, but I'm not leaving." *[Stay seated, hold eye contact.]*

What Not To Do

- ☐ Don't half-watch a screen while responding to her.
- ☐ Don't default to crossed arms as a resting position.
- ☐ Don't force unbroken eye contact without natural breaks.
- ☐ Don't reach for touch before she's given you a small opening.

Repair Move

- ☐ Name the mistake out loud the moment you notice it.
- ☐ Correct your body first, then finish your sentence.
- ☐ Expect a flat reaction sometimes. Keep correcting anyway.

Success Check

- ☐ She stays in the conversation longer instead of finding a reason to leave.
- ☐ She initiates a small point of contact without you asking first.