

How to Reach for Her After a Fight – Checklist

Use this right before or during the hour after a fight, when you want to reconnect but aren't sure how to start.

Before You Start

- ☐ Check your motive: are you reaching to comfort her, or to end your own discomfort?
- ☐ Pick your starting point based on how much time has passed: proximity, brief contact, a hug, or sustained closeness.
- ☐ Choose a moment when the room is quiet, not mid-task or mid-chaos.

What To Watch For

- ☐ Does she lean toward you or stay stiff when you get close?
- ☐ Is she still visibly upset, or has her body language softened?
- ☐ Has real time passed since the fight without any acknowledgment from either of you?

What To Say

- ☐ "I'm not going to pretend that didn't just happen. I just didn't want to be in a different room right now."
- ☐ "Hey. I've been thinking about how that went, and I wanted to touch base with you."
- ☐ "Can I hug you? I just miss you and wanted to feel close again."

What Not To Do

- ☐ Don't go straight for a full hug or more without starting smaller.
- ☐ Don't hold a silent, extended touch that asks her to comfort you instead.
- ☐ Don't bring up who was right the moment you touch her.
- ☐ Don't disappear for hours, then reach for her like nothing happened.

Repair Move

- ☐ If she pulls away, say: "Okay. I'm not going anywhere. Come find me whenever you're ready."
- ☐ Give her real space. Don't check in every ten minutes.
- ☐ Wait a few hours, sometimes closer to a full day, before trying again.

- ☐ When you try again, go back to a smaller gesture than the one she turned down.

Success Check

- ☐ She leans into the contact instead of staying stiff or pulling back.
- ☐ The next fight has a shorter silent period afterward than this one did.