

How to Show Love Without Words – Checklist

Use this before or during a moment when you want to reconnect without relying on the right words.

Before You Start

- ☐ Name the one fear driving your hesitation, then check if it's based on something recent or an old one.
- ☐ Pick one move: touch, attention, a task done early, staying close, or a small ritual.
- ☐ Decide exactly when today you'll use it. A vague plan won't survive a busy day.

What To Watch For

- ☐ Her shoulders and jaw. Tension easing is a sign the gesture is registering.
- ☐ Whether she leans in or stiffens when you get close.
- ☐ Whether she starts small bids of her own, like reaching for your hand.

What To Say

- ☐ "I know I don't always say the right thing."
- ☐ "I don't have the right words yet. But I'm not going anywhere."
- ☐ "Yes. I know I don't say it enough. Let me show you instead."
- ☐ "That sounds like a lot."

What Not To Do

- ☐ Don't explain the gesture before you make it. Let the action speak first.
- ☐ Don't quit after one try just because she doesn't react right away.
- ☐ Don't turn a comfort moment into a request for something else.
- ☐ Don't defend your effort when she brings up the distance. Show the change instead.

Repair Move

If she pushes back with something like "What's this supposed to fix?" say: "You're right to be skeptical. I'm not trying to fix everything tonight. I just wanted you to feel it." Then repeat the same small gesture the next day.

Success Check

- ☐ She leans into your touch instead of going stiff or pulling away.
 - ☐ She starts small physical bids of her own within a week or two.
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Did your partner seem more or less defensive after you used this script?