

# Why Being Vulnerable Actually Turns Her On – Checklist

*Run through this right before you bring something true up with her.*

## Before You Start

- ☐ Write down the one true sentence you're actually afraid to say.
- ☐ Check whether your fear is based on something she's done, or something you're assuming.
- ☐ Say the sentence out loud to yourself once before you say it to her.
- ☐ Pick a quiet moment, not mid-conflict and not as either of you is walking out the door.

## What To Watch For

- ☐ Whether she gives more than one word back, even a question.
- ☐ Whether she moves physically closer in the next day or two.
- ☐ Whether she goes quiet because she's processing, not because she's rejecting you.

## What To Say

- ☐ "There's something I've never said out loud."
- ☐ "I miss feeling close to you."
- ☐ "That's on me, not you."
- ☐ "I wanted you to know the real reason instead of letting you guess at one."
- ☐ "I don't want to lose this."

## What Not To Do

- ☐ Don't add "but it's not a big deal" after the true sentence.
- ☐ Don't ask her to fix your fear or reassure you right away.
- ☐ Don't fill every silence with another sentence.
- ☐ Don't chase her for a bigger reaction than she's giving you.

## Repair Move

If she brushes it off or gets defensive, wait a day, then say: "I know I brought something up and you didn't say much. I just wanted you to know it's still true." Don't defend your motives beyond that one

line.

**Success Check**

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- ☐ She responded with more than one word.
- ☐ She moved physically closer within a day or two.