A PRIVATE REHEARSAL FOR THE FIRST MINUTE



The Conversation I Keep Having in My Head

You've made the whole case in the shower. In person, you only need a beginning. Choose one subject you can reasonably discuss in about fifteen minutes.

From rehearsal to invitation

"I've been thinking about how we spend Sundays. I miss having a little time with you before the week starts. Could we take fifteen minutes after lunch to talk about it?"

The one thing I want my partner to understand

A real example I could describe without guessing their motive

My first sentence, in words I would use out loud

When I could invite them to talk, and what I'd like to hear from them

Once the conversation begins

After the first sentence, stop and listen. Try "What does that look like from your side?" If now is a tough time, see whether you can choose another one together.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

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