BUILDING TRUST & CONNECTION

A TWO-TAKE REHEARSAL

Can I Try That First Sentence Again?



Pick a sentence you wish you could take back. If it hurt your partner, acknowledge that first. Then try again with the concern you actually wanted them to hear.

The first take

"Nice of you to finally put your phone down." Underneath that might be, "I missed you this evening."

Opening A • Say what mattered	"I was looking forward to dinner with you. I felt lonely when we spent most of it looking at our phones."
Opening B • Make a small invitation	"I missed talking to you. Could we leave our phones here and have tea together for ten minutes?"

My original line and the concern underneath it

My version of opening A

My version of opening B

Read both aloud. Keep the one you could actually say. Your partner can ask for time or tell you what they heard.

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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