A TWO-MINUTE LISTENING PROMPT

Ask Me About More Than My Day



“How was your day?” can feel hard to answer even when you have plenty to say. Listen to Katherine’s two-minute course excerpt or turn to the transcript on page two. Then choose one detail you’d like to share.

Try adding the part they couldn’t guess

“You know my sister’s coming this weekend. What I haven’t said is how much I want us to get along this time. Could you hear me out for a minute?”

The part of my day you already know is…

What it meant to me, and why I’m still thinking about it…

What I’d enjoy hearing or receiving from you right now is…

If you’re listening

Start with one detail that mattered to your partner. “I didn’t realize how much you missed that. Would you like to say more?” Then give them time to answer.

Play the MP3 included with this PDF in the collection, or open the audio in your PDF reader’s attachments panel. The transcript also works on its own.

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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RECORDING TRANSCRIPT



What happened, and why it mattered

In this Week 8 excerpt, Elise is trying a ceramics class. Noah, her partner, knows about the class. Here's how she might tell him what signing up meant to her.

Section two separates the event from the experience inside it. The event is what happened. The feeling is what you noticed. The meaning is why it mattered to you. Then there is the response you would welcome. Those pieces help your partner find you in the story.

For Elise, the event is signing up for ceramics. The feelings are pride and nervousness. The meaning is making room for a creative part of herself that has been waiting. The response she wants is a little interest and encouragement. She is not asking Noah to make the nervousness disappear.

She could say, "I'm excited, and I feel a little silly being this nervous. It's been a long time since I tried something just because I wanted to. Could you let me talk about it for a minute?" That is enough. She does not need to explain her entire history.

You might not have a precise feeling word. "The part that stayed with me was…" works. So does, "I'm still figuring out why this matters." Your partner can stay curious while the words are forming. A conversation is not a vocabulary test.

Keep an interpretation open to checking. "When you asked about the schedule, I wondered whether you were interested" describes Elise's experience. "You don't care about my interests" declares Noah's motive. The first gives them somewhere to begin without pretending that her disappointment is not real.

In section two, complete the sentence about one meaningful thing you want your partner to understand. Add why it matters and what response might help. This is preparation for sharing, not an obligation to share everything you write. Your notes belong to you.

Take a few quiet seconds to find your own first line. You can keep it private or share it when you're ready.

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