Tell Me the Good Part



Ask about the best part

YOUR PARTNER SAYS

“They picked my idea for the project!”

YOU MIGHT SAY

“The one you pitched on Tuesday? Tell me what they liked about it.”

Make it sound like you

Follow the detail that made their face light up. Let them tell that part of the story.

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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Tell Me the Good Part



Notice what it took

YOUR PARTNER SAYS

“I ran the whole loop without stopping!”

YOU MIGHT SAY

“Even that hill at the end? I know how many mornings you’ve been out there working on that.”

Make it sound like you

Name one bit of effort you actually noticed. Give them a moment to enjoy being seen.

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Tell Me the Good Part



Enjoy it with them

YOUR PARTNER SAYS

“My niece asked me to read at her wedding!”

YOU MIGHT SAY

“Oh, you were hoping she’d ask! I’m so happy for you. Can we toast to that at dinner?”

Make it sound like you

Let your own delight show. A grin, a little toast, or a quiet “I love that for you” can be enough.

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