BUILDING TRUST & CONNECTION

A PRIVATE VOICE-NOTE STARTER



The Part I Leave Out When I Say “I’m Fine”

Pick one detail from today you haven’t said out loud. Record these three lines for yourself or write them below. After you hear them, decide whether you’d like to share.

A short version and a fuller one

“The meeting went fine. What I didn’t tell you was how relieved I felt when someone backed up my idea. Could I tell you about that part before we start dinner?”

The part you already know is…

The part you couldn’t have guessed is… It mattered to me because…

What I’d welcome from you right now is…

If you send it

You could add, “Listen when you have a minute. I’d love to hear what stood out to you.” If you’re receiving it, reflect one detail before offering an idea.

A small, happy detail counts. You choose whether to send the recording, say it in person, or keep it to yourself.

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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