

"Can I be honest?"

When you need help saying something

It's hard for me to say this because I don't want to...



- ☐ make you feel guilty.
- ☐ hurt your feelings.
- ☐ make you sad.
- ☐ make you uncomfortable.
- ☐ make you think I don't care.
- ☐ make you feel self-conscious.
- ☐ start a fight.
- ☐ keep bringing this up.
- ☐ get hurt.
- ☐ get in trouble.
- ☐ get you in trouble.
- ☐ seem ungrateful.
- ☐ sound mean.
- ☐ make you think you did something wrong.

- ☐ shock you.
- ☐ worry you.
- ☐ disappoint you.
- ☐ hurt our relationship.
- ☐ sound condescending.
- ☐ make a fool out of myself.
- ☐ embarrass you.
- ☐ sound like a jerk.
- ☐ sound critical.
- ☐ pressure you.
- ☐ push you away.
- ☐ regret telling you.
- ☐ hear about it later.
- ☐ other

Don't unload on your partner. Just pick your top 3 or 4.

But I also want to be honest with you. So here goes...



Spill the beans. No long intro. No shit sandwich.

I would have brought this up sooner but...

If this page
doesn't apply,
skip to page 3.



- ☐ it felt too risky.
- ☐ I've been too mad.
- ☐ I've been too hurt.
- ☐ I was too ashamed.
- ☐ I was too exhausted.
- ☐ I was too embarrassed.
- ☐ I didn't want to tell you.
- ☐ I thought I could fix it.
- ☐ I had to wait till I was ready.
- ☐ I was scared of your reaction. AAAAAA
- ☐ I was afraid you'd blame me.
- ☐ I didn't want to feel judged.
- ☐ I thought you'd get defensive.
- ☐ I didn't want to embarrass you.
- ☐ I wasn't sure what I was feeling.
- ☐ I felt safer putting it in writing.
- ☐ I was afraid I'd get a lecture.
- ☐ I thought it might make things worse.
- ☐ I wanted to be sure I was choosing my words carefully.

- ☐ I didn't want my tone of voice to set you off.
- ☐ I kept hoping things would change.
- ☐ I didn't want to put you on the spot.
- ☐ I was afraid you'd give me The Silent Treatment.
- ☐ I don't know how to tell you when something bothers me without you feeling attacked.
- ☐ when I'm hurt, I have trouble finding the right words.
- ☐ I was afraid you'd be hurt and I'd end up taking care of you, instead of the other way around.
- ☐ other

Before you respond, I want you to know that...

- ☐ I love you.
- ☐ I miss you.
- ☐ you're not in trouble.
- ☐ I'm not mad at you.
- ☐ I believe in you.
- ☐ I care about you.
- ☐ I haven't given up.
- ☐ I'm worried.
- ☐ I want to trust you.
- ☐ your anger scares me.
- ☐ rage is a deal-breaker for me.
- ☐ I've wanted to say something for a long time.
- ☐ I don't need you to do anything, I just wanted to tell you.

- ☐ it's fine if we disagree.
- ☐ I still think you're amazing.
- ☐ this isn't about who's right.
- ☐ this is not an attack.
- ☐ I don't want to hurt you.
- ☐ I believe we can do better.
- ☐ I think we need help.
- ☐ I'm willing to work at it.
- ☐ I know I need a change.
- ☐ a heart-felt apology would be a welcome first step.
- ☐ I know I have a role in this.
- ☐ I know I'm far from perfect.
- ☐ I want us both to win.
- ☐ other

Now that I've said something, I hope you'll...

- ☐ apologize.
- ☐ make up your mind.
- ☐ be more considerate.
- ☐ be more generous.
- ☐ put yourself in my shoes.
- ☐ take this seriously.
- ☐ get why I've pulled away.
- ☐ be open to feedback.

- ☐ respect my privacy.
- ☐ give me what I want, not what you want for me.
- ☐ let me finish talking before you say you understand.
- ☐ appreciate how hard this is to tell you.

(CONT'D ON NEXT PAGE)

Now that I've said something, I hope you'll... (CONT'D)

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|--|---|
| <ul style="list-style-type: none">☐ trust me.☐ be a 50/50 partner.☐ give me credit more often.☐ give me another chance.☐ take better care of yourself.☐ be more considerate.☐ do whatever it takes to fix this.☐ say yes—without hesitation.☐ admit you messed up.☐ stop doing this.☐ stick up for me.☐ tell me if you think I'm way off. | <ul style="list-style-type: none">☐ stop giving me The Silent Treatment.☐ be more patient.☐ go easier on me.☐ tell me what's really going on.☐ ask questions that show me you're interested in my thoughts, hopes, and dreams.☐ accept our differences—without judging them, or trying to fix me.☐ other <input style="width: 150px; height: 25px; border: 1px solid black;" type="text"/> |
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Thanks for listening.

Signed: