

"I've been wondering"

A gentle way to test the water

Is it my imagination or is something wrong?

The reason I'm asking is because...

Here's a way to test the waters
without creating waves.



☐ something isn't feeling right between us.

☐ I want to be sure you're okay.

☐ I want to be sure we're okay.

☐ you've been awfully quiet since...

☐ you got so angry when.

☐ you were impatient with me when I...

☐ you caught me off-guard when you...

☐ when something smells fishy, it usually it means...

☐ I'm concerned that we're...

☐ I'm not clear what to do about...

☐ I've been feeling uncomfortable since...

☐ other

I don't want to...

Reassure your partner that you come in peace, and with good intentions.



- ☐ bug you.
- ☐ start a fight.
- ☐ make a scene.
- ☐ embarrass you.
- ☐ assume anything.
- ☐ dredge up the past.
- ☐ make you uncomfortable.
- ☐ make something out of nothing.
- ☐ push you away.

- ☐ rush you.
- ☐ get in your business.
- ☐ pressure you into anything.
- ☐ change your mind.
- ☐ make you self-conscious.
- ☐ make you feel responsible.
- ☐ force you to say anything.
- ☐ make things worse.
- ☐ other

"I've been wondering..."

Testing the water when something just doesn't feel right

I just want to know if...

- ☐ I'm imagining things.
- ☐ you're feeling...
- about...
- ☐ you're afraid to tell me something.
- ☐ ice cream might help.
- ☐ I've hurt or disappointed you.
- ☐ you're having doubts.

- ☐ the shit is about to hit the fan.
- ☐ you are in some kind of trouble.
- ☐ I'm going to need a lawyer.
- ☐ you're again.

What are you afraid might be happening? (Using? Cheating? Gambling? cutting? purging?)



- ☐ you've been lying to me.
- ☐ other

I hope you'll help me understand what's happening.

Signed: