

Feminine Communication *Guide*



“I guess you just don’t care about me.” (blaming leads to defensiveness)

“I feel so connected to you when you....It means a lot to me.” (inviting and loving)

“Whatever you want. I don’t care.” (indifference creates distance)

“I trust you to make the best decision. I’m sure it’ll be great!” (trusting builds confidence)

“I always have to plan everything.” (Lack of appreciation leads to disconnect)

“I love when you take the lead. It’s the best when you surprise me.” (loving and open)

“I shouldn’t have to tell you what I want.” (expecting mind-reading leads to let down)

“I really love when you....I feel so special.” (clear and grateful)

“You never spend any time with me.” (blame leads to defensiveness)

“I miss you. Can we please plan some quality time together soon?” (loving and inviting)

“If you really loved me, you would know what the problem is.” (coldness creates distance)

“I’m feeling off and I’d love to talk to you about it so I can get back to feeling close to you again.” (open and loving)

Words are powerful. They can bring on defensiveness, shut down or hurt.

They can also encourage another to lean in, desire more and want to fulfill requests, step up and provide.

Here's your invitation to play around with wording. How can you express yourself more playfully, appreciative and in a way that sparks connection and intrigue?



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