

# How to Be a Better Partner and Let Them Feel It

This is for moments when you genuinely want to show up better — not to score points, repair an argument, or save the relationship overnight — but to become someone safer and more solid to be with.

Being a better partner is not about saying the right thing once. It's about how your effort is felt over time.

## Before You Speak

Do not defend yourself. Do not explain your intentions. Do not ask for reassurance. Growth begins with ownership, not persuasion.

## The Script

I've been thinking about how I show up with you, and I see places where I haven't been the partner I want to be.

I'm not saying this to get credit or forgiveness.

I want you to know I'm paying attention, and I'm willing to take responsibility for how my behavior affects you.

If you're open to it, I'd like to understand one or two things that would help you feel more supported by me.

## What to Do After You Say This

Listen without interrupting. Do not correct their memory. Do not explain why you didn't mean it that way. Your job is to understand impact, not defend intent.

## If You Feel Exposed or Defensive

That discomfort is part of growth. Being a better partner requires tolerating short-term unease for long-term trust.

## Important Reminders

- Change is shown, not announced
- Consistency builds safety
- Repair happens through follow-through
- Small, sustained shifts matter more than grand gestures

Your partner doesn't need perfection. They need reliability.

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