

The Openness Invitation Script

- Remove pressure: I don't want to force you to talk - I just want you to know I care about what's going on inside you.
- Offer a safe frame: You don't need perfect words. Whatever you're feeling is okay with me.
- Invite, don't demand: If you're open to it, I'd love to hear what's been on your mind or heart lately.
- Give a soft start: You could start with something small - maybe how your week has felt.
- Stay present, not fixing: Thank you for sharing. I'm here with you - no need to explain everything.
- Reinforce safety: I appreciate you opening up. It helps me feel closer to you.

Emotional Safety Starters

- If you're comfortable, what's been weighing on you lately?
- What's one thing you wish I understood better?
- How has this week felt to you?
- What's something you haven't known how to talk about?
- Use soft eye contact, quiet tone, or light physical closeness.

Troubleshooting When Your Partner Won't Open Up

- If they say 'I don't know': That's okay. Take your time. I'm here.
- If they shut down mid-conversation: Pause, breathe, validate, and return gently later.
- If avoidance is strong: Keep moments short, consistent, and low pressure.
- Build safety over time with predictable, warm invitations.
- Notice subtle signs of openness such as longer pauses or softer tone.

How to Use the Openness Invitation

- Partners don't open up due to safety issues, not lack of love.
- This tool reduces pressure and increases emotional safety.
- Use soft tone, slow pace, warm presence, and allow silence.
- Avoid pushing for explanations or asking during conflict.
- Use 2-3 times per week; openness builds gradually.

Disclaimer

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