

How to Stay Present When Your Partner Is Upset With You

Use this when you are the one being confronted and want to stay engaged.

The Script

I am listening and I want to understand.

I am feeling defensive, but I am choosing to stay present.

What you are saying matters to me.

I want to focus on impact, not defending myself.

Important Reminders

- Defensiveness blocks repair
- Listening does not mean agreeing
- Presence builds safety

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