

What to Say When Your Partner Says “I Don’t Feel Anything Anymore”

Use this when your partner feels numb, shut down, or emotionally distant. This is not a moment to fix, convince, or reassure. This script is designed to remove pressure and keep connection intact.

Before You Speak

Do not ask for explanations. Do not argue with their experience. Do not panic out loud. Emotional numbness is a protection response.

The Script

I hear that you don’t feel anything right now. And I want you to know I’m not going to argue with your experience or try to force a feeling out of you.

I’m not hearing that you’re done. I’m hearing that something inside you went quiet because it got overwhelmed, hurt, or exhausted.

I don’t need you to feel love right now. I just need to stay connected to you while we figure out what shut things down.

If you’re willing, I’d like to understand what made feeling anything start to feel unsafe or pointless.

If They Go Silent

We don’t have to solve this tonight. I just didn’t want to disappear from you when things went quiet.

If They Say “I Don’t Know”

That makes sense. When people have been carrying too much for too long, knowing disappears before caring does.

Important Reminders

- Do not ask follow-up questions
- Do not explain yourself
- Do not over-reassure
- Let silence do some of the work

Your calm presence is what makes it possible for feeling to return.

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