

When One Partner Holds All the Power

Use this when the balance in your relationship has shifted and you feel exposed, replaceable, or trapped. Power imbalances often show up quietly - through money, emotional control, threats of leaving, or withdrawal of affection.

When power goes unnamed, love starts to feel conditional instead of safe.

Before You Speak

Do not accuse or keep score. Do not demand equality in the heat of the moment. Confronting power requires steadiness, not escalation.

The Script

I want to talk about something that's been affecting how safe I feel between us.

Lately it feels like you have more leverage in this relationship, whether you intend to or not.

I find myself holding back because I'm afraid of losing you or losing stability.

I don't want our connection to be built on fear or imbalance, and I need us to look at this together.

If They Deny Any Power Difference

I'm not saying you're abusing power. I'm saying the imbalance is real for me, and it's starting to change how I show up with you.

If You Feel Afraid to Speak Up

That fear is information. When love feels conditional, silence becomes a survival strategy. Naming this moment is a way to protect yourself and the relationship.

Important Reminders

- Power thrives in silence
- Safety is a relationship requirement, not a favor
- Love cannot grow where fear dominates
- Speaking up is an act of courage, not control

Healthy relationships distribute power in ways that protect both people.

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