

When You Want Change and They Do Not

Use this when you feel you are growing or seeking help and your partner is resistant.

The Script

I am wanting growth and change in our relationship.

I know that may not feel important or urgent to you.

I do not want to push or pressure you.

I do want to understand how we move forward when we want different things.

Important Reminders

- Different paces create tension
- Pressure creates resistance
- Curiosity keeps dialogue open

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