

When Your Partner Is Done Trying

Use this when your partner sounds exhausted, disengaged, or resigned. When they say things like 'I can't do this anymore,' 'I'm tired,' or 'I don't have anything left.'

This is one of the most frightening moments in a marriage because effort itself seems to have disappeared.

Before You Speak

Do not beg. Do not shame them for giving up. Do not launch into fixes or promises. Desperation often confirms their belief that nothing will change.

The Script

I hear how exhausted you are, and I don't want to minimize that.

I'm not asking you to try harder right now.

I just want to understand what finally made continuing feel impossible for you.

If there's anything left that still matters, I want to protect it instead of pushing you further.

If They Say They're Completely Done

I hear that you don't have anything left to give. I'm not asking you to change that tonight. I just don't want exhaustion to make decisions we can't revisit.

If You're Fighting Alone

Trying to save a relationship by yourself is unsustainable. Naming the loneliness of that position is not weakness - it is honesty.

Important Reminders

- Exhaustion shuts down hope
- Pressure deepens withdrawal
- Curiosity keeps the door open

- One calm voice can slow a collapse

When effort feels impossible, safety and understanding come first.

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