

 **BONUS**

THE COMPLETE **WIFE** CONVERSATION — TOOLKIT —

—  —
The Exact Words
That Heal Distance,
Rebuild Trust,
And Bring Your Wife
Closer Than Ever



**READY-TO-USE
SCRIPTS**
For every
situation



**REBUILD TRUST
AND CONNECTION**
With honesty
that works



**DEEPER INTIMACY,
STRONGER MARRIAGE**
Through the right
conversations

"Say the right things. Heal what's been broken."

THE COMPLETE **WIFE CONVERSATION TOOLKIT** ♥



THE COMPLETE WIFE CONVERSATION TOOLKIT

Why This Conversation Matters

The silence is destroying your marriage. Your wife is making up stories worse than the truth. This conversation isn't going to destroy your marriage, it's going to save it.

I'm giving you exact scripts for every scenario. No guessing, no improvising, just words that work.

THE THREE MAIN SCENARIOS

SCENARIO 1: She Hasn't Really Noticed

The Script: "Hey, I want to talk to you about something. I've been dealing with some anxiety around our intimate time together, and I should have told you weeks ago instead of avoiding it. I'm sorry. When we got married, sex became this high-stakes thing in my mind. Like a test I could fail. My nervous system got stuck thinking that sex is dangerous, so it shuts me down to protect me. Which is stupid because it's not dangerous, it's just us being close.

I figured out what's happening and I'm fixing it using a specific protocol. But I wanted you to know because I don't want you thinking it's about you or how I feel about you. I love you. I'm attracted to you. This is about my own head getting in the way."

Then stop. Let her respond.

- **If she asks "how long?":** "A few months. I kept thinking it would go away on its own. But I realized it's just my nervous system being confused about what's dangerous."
- **If she asks "is it because you're not attracted to me?":** "No. You're beautiful. I'm attracted to you. This has nothing to do with you."

SCENARIO 2: She's Already Frustrated

The Script: "I know you've been asking what's wrong and I've been dodging it. You deserve the truth, not excuses. I was embarrassed and didn't know how to talk about it, so I just kept lying. The real thing is, I've been dealing with anxiety around our intimate time. Not because of you. Not because of anything you did. It's about my own mind getting stuck thinking sex is a performance test instead of just being close to you. And instead of talking to you, I just avoided it, which made everything worse. Which probably made you think something was wrong with you or wrong between us. And I'm sorry.

Here's the truth: I love you. I'm attracted to you. You didn't do anything wrong. My nervous system just got confused and started thinking sex is dangerous. But I figured out how to fix it. I have a specific protocol I'm using. And I'm telling you now because you deserve honesty, not lies."

Then stop. Let her respond.

- ❖ **If she's upset:** "I know this is a lot. I should have told you earlier. Take your time. You can ask me anything."
- ❖ **If she says "you've been lying for months?":** "I know. I handled it wrong. I was embarrassed and buried it instead of being honest. You deserved better than that."

SCENARIO 3: She's Asked if You Still Love Her

The Script: "I need you to hear me clearly: I love you. I'm attracted to you. There's nothing wrong with you. I know my pulling away made you question all of that, and I'm deeply sorry. The real thing that's been happening is that I got anxious around our intimate time. Not because of anything you did, but because of my own mind getting stuck. And instead of talking to you about it, I just avoided being close to you, which made you think it was about you.

But it's not, it's me. My nervous system got confused and thinks that sex is a performance test. Which is ridiculous because with you, sex is just supposed to be us being close. I'm fixing this. I have a protocol I'm using to rewire my nervous system. And I wanted you to know so you stop thinking something's wrong with you. You're perfect. You're everything I want."

Then reach out and touch her. Hold her hand. Look her in the eye.

- ➔ **If she breaks down:** "I know. I'm sorry I made you feel like that. You didn't deserve to feel like I didn't want you. I do want you."
- ➔ **If she says "I thought you were cheating":** "I'm sorry. I know my distance made you think that. There's nobody else. I'm not leaving. I'm just dealing with something I'm fixing."

HANDLING DIFFICULT REACTIONS

- ★ **If She Gets Angry:** Don't defend yourself, just own it. "You're right to be angry. I lied to you. I avoided you. That was wrong. I should have told you immediately." Let her be angry. That's fair. Once she processes, she'll usually get to relief.
- ★ **If She Cries:** Don't panic, just sit with her. "I know this is a lot. I should have told you earlier. Take your time." Let her cry. Sleep is when her brain consolidates this. Don't rush to fix it.
- ★ **If She Gets Quiet/Withdrawn:** "Are you okay? What are you thinking?" Give her space to process. Check in after a few hours. "I know this is a lot. I'm here if you want to talk."
- ★ **If She Asks "Why Didn't You Tell Me Sooner?":** "Because I was embarrassed and didn't know how to talk about it. I should have. You deserved honesty."
- ★ **If She Suggests Seeing a Doctor:** "I thought about that too. But this isn't medical, it's a nervous system issue. My amygdala got stuck thinking sex is a threat. A pill can't fix that. I have to rewire it. That's what this protocol does. But I'm open to seeing a doctor if you want me to."

FOLLOW-UP CONVERSATION (Days 3-4)

A few days later, check in again. "How are you feeling about everything? Do you have any questions?"

- ☐ **If she asks "how long will this take?":** "The main protocol is seven days. Then four weeks of lock-in. So roughly five weeks before I'm completely reset."
- ☐ **If she asks "what do you need from me?":** "Just know what's happening and be patient with me. You don't have to do anything. Just support me."

- ☐ **If she asks "is this permanent?":** "Yes. Once I rewire my nervous system, it stays rewired. This shouldn't come back."
- ☐ **If she asks "is our marriage okay?":** "Yeah, we're okay. More than okay. Now that I'm being honest, we can actually work on this together. That's going to bring us closer."

BRINGING HER INTO THE SOLUTION

After she understands, she might ask "how can I help?"

"Thank you for asking. I just need you to know what's going on and be patient with me. There's one thing that helps: we have a weekly ritual where we spend time together focusing on connection. 15-20 minutes, no phones, just being close. Would you be open to that?"

What NOT to ask her to do:

- Don't ask her to monitor you
- Don't make it her job to fix you
- Don't ask her to do the breathing with you
- Don't make it her responsibility to help you be attracted to her

Her job is support. Your job is the work.

COMMON MISTAKES TO AVOID

- **Over-explaining:** Answer her question. Stop. Wait for the next one. Don't dump information.
- **Making it her job to fix:** "I need you to help me" is different from "will you do the emotional work for me?"
- **Comparing to past partners:** Never mention exes. Ever.
- **Making it about her appearance:** Don't say she gained weight or isn't as attractive. That destroys everything.
- **Asking for reassurance:** "Do you still love me? Am I a real man?" Don't burden her with that.

- **Lying about timeline:** Tell the truth. "I've known for a while. I should have told you sooner."
- **Turning it into therapy:** Save childhood trauma for an actual therapist. Keep this conversation focused on the present problem.

WHAT TO EXPECT AFTER

Day 1 After: Relief mixed with processing. She's glad you told her. She's also processing what she was worried about.

Days 2-3: She might ask more questions. Get emotional again. Give her reassurance.

Day 4-5: She starts to trust this is real. Her warmth increases.

Week 2: She's noticeably softer. More trusting. More open.

Week 3-4: She's your partner again. Engaged. Supportive. Present.

This conversation isn't about making yourself look good. It's about telling the truth. Your wife deserves that. And once she has it, everything changes. You're not a bad husband for having this problem. You're a GOOD husband for being brave enough to tell her about it. Go have this conversation. Your marriage is waiting for you on the other side of it.