

What To Do When She Comes Home Mad Because Of Work Guide



1. Greet her warmly. Example: "Hey babe. Tell me about your day."
2. Get two cups of tea or two glasses of wine (depending on her style)
3. Sit down at the table with your two glasses
4. Slightly lean in towards her and you listen
 - a. You will be tempted to interrupt and fix the perceived problem. **DO NOT DO THIS. STICK TO LISTENING.**
5. Acknowledge her feelings. Repeat them back to her. Example, "that would be frustrating to have someone talk to me that way."
6. You are **TEAMING UP WITH HER** against whatever it is that upset her. You're on the same team as her feelings (it doesn't matter right now if you would have the same reaction to the incident she is tell you about.) **There will be no problem solving.** Just being on her team. Validate her feelings.
7. **AFTER** validating and she hears you understanding her. You can ask, "What do you think you'll do?" And then you support her.
8. Bottom line. She wants to vent and be heard by you.
9. If she asks you, "what would you do in this situation?" Then you can offer your wisdom. Otherwise, in this moment she only wants your heart. Wisdom can wait.
10. Hug her and thank her for talking to you.



~ Steph Parejamass @beautifullychanged

