

CONVERSATION TOOL

ASHLEY MANNING · CERTIFIED LIFE COACH

GLOWINGWITHIN.NET

How You Can Talk to Your Partner

Soft, clear, non-defensive, and partnership-oriented

*Use this as a guide — not a script to read word for word. Speak from your heart.
The goal is partnership, not perfection.*

OPENING

"Hey, can we talk about something that's been weighing on me? I've been feeling really overwhelmed with everything I'm managing at home. I know we're both doing our best, and I'm not blaming you — I just need us to look at the load together."

NAME THE LOAD

*"Right now I'm handling _____, _____, and _____.
It's starting to drain my energy and affect how I'm showing up."*

MAKE THE ASK

*"I don't want to keep pushing through. I want us to feel like a team.
Would you be open to taking over _____ this week?
It would help me feel more supported and more like myself."*

RELEASE CONTROL

"I don't need it done my way — I just need it off my plate."

SET THE SYSTEM

"Can we check in on Sundays for 10 minutes to divide things so we both feel good?"

THIS SCRIPT:

- ❖ Avoids blame — opens with shared ownership
- ❖ Invites partnership — not criticism
- ❖ Names the emotional impact honestly
- ❖ Makes a clear, specific ask
- ❖ Sets up a sustainable weekly system

*Asking for support is not weakness.
It is the most powerful thing a pleasure-powered woman can do.*