



How do I ask my partner for more affection without sounding needy?

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

Asking for more affection

1. Ask for one thing they can picture: "a real hug when you get home."
2. Say what you miss, not what they fail at: "I miss sitting close to you."
3. Not a touchy person? "What kind of touch feels good to you?"
4. Tie it to a cue: the front door, the coffee, the start of a show.
5. When it happens, notice it: "That was nice. Thank you."

More lines from the page

- I've noticed we don't hug much anymore, and I miss it. Could we start again with a hug when we get home?
- I know touch isn't your thing the way it is mine. What kind feels good to you? I'd rather have a little of that than push for something you don't like.
- I'd love more hugs and holding hands that don't have to go anywhere. No expectations attached, I promise.
- I know I've been distant, and I want to change that. Would it be okay if I reached for your hand more? Tell me if it feels like too much.
- I miss you most at night. Could we do a quick call before bed, even five minutes?
- It means a lot when you tell me what you like about me. You don't have to make speeches. Every now and then is plenty.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.