



How do I ask my partner for quality time without making it an accusation?

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 quality time

1. Say the kind of time you mean: "together, and paying attention to each other."
2. Lead with what you miss, not with what they do: "I miss talking to you."
3. Ask for one block with a day attached: "Thursday after dinner, an hour?"
4. Make it mutual: "I'll leave my phone in the hall too."
5. If it's "fine," put it in the calendar before the conversation ends.
6. Logistics wait until tomorrow; open with a question about them.

More lines from the page

- I like our evenings, but we're usually both on our phones. Could we have one night a week where we actually hang out? Thursday?
- I miss talking to you. Not about the kids or the car. Can we go for a walk Saturday morning, just the two of us?
- Can I ask for something small? An hour this weekend where neither of us is doing anything else. I'll plan it if you want.
- We do, and I like that. I'm asking for a different kind. The kind where we're actually paying attention to each other.
- Priya: You know we never actually spend time together anymore, right?
- Oskar: What? We were together all of last night.
- Priya: You were on your laptop all of last night.
- Oskar: I had a deadline. You know that.
- Priya: There's always a deadline.
- Priya: Can I ask you for something?
- Oskar: Sure.
- Priya: I miss you. I know we're around each other all the time, but I feel like we haven't really talked in weeks. Could we go somewhere this afternoon, just for an hour? No phones.
- Oskar: I've got that report.
- Priya: After it, then. Four o'clock? I'll drive.

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.