



How do you ask your partner for reassurance without testing them?

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 reassurance

1. Name it: "I'm feeling a bit wobbly about us today."
2. Ask for the specific thing: a hug, a text, or "tell me we're good."
3. Check the moment, not the whole relationship: "Were you annoyed, or tired?"
4. No tests: no "k", no vanishing to see if they follow.
5. If you're asking many times a day, wait an hour first and notice what happens.

All the lines, and when to use them

I'm feeling a bit wobbly about us today, and I think it's more about my week than about you. Could you just tell me we're good? (A general wave of insecurity with no clear trigger. Owning that it may be about you keeps your partner from feeling accused.)

When you travel for work, a quick goodnight text makes a big difference for me. Would that be easy to do? (Before a stretch apart. Asking ahead turns a future worry into a small, concrete habit instead of a late-night spiral.)

I noticed I got anxious when you went quiet at dinner with your friends. Can I check: were you annoyed with me, or just tired? (Something specific set you off. Asking about the actual moment beats guessing at it for two days.)

I don't need you to fix anything. I'd just like a hug and to hear that you're not going anywhere. (You know exactly what would settle you. Naming the form of comfort spares your partner from offering advice when you wanted closeness.)

Specific things help me more than "it's fine." Even something like what you liked about this weekend. (Your partner reassures you but it does not seem to stick. Telling them which kind of reassurance lands is useful information, not a complaint.)

I've asked you this a few times this week. I'm working on it, and thank you for being patient with me. (You notice the asking has become frequent. Acknowledging it shows you are not handing them the whole job of calming you.)

I'm going to sit with this feeling for an hour and do something else. If it's still there after that, I'll come and talk to you. (The urge to ask feels urgent and familiar. A short delay lets you see whether the worry fades on its own before you bring it to your partner.)

If you ever need me to reassure you, just tell me straight out. I'd much rather do that than try to guess. (For the other side: when you are the partner and want to make direct asking feel safe. Saying it on a calm day makes it easier to use on a hard one.)

Phrases to avoid

"Do you even love me?": Asked in a sharp moment it lands as an accusation, and the answer you get will be defensive rather than warm.

"Fine. Forget it." and then going silent: It is a request disguised as a withdrawal. Your partner may take you at your word and back off, which is the opposite of what you wanted.

"If you really cared, you'd know what I need.": Mind reading is not a fair test of love. Most caring partners guess wrong some of the time.

"Never mind, I'm being stupid.": It forces your partner to reassure you about asking, on top of the original worry, and teaches you both that the need is shameful.

"Prove it.": No single act can prove a feeling, so the bar keeps moving and both of you end up exhausted.

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.