



How to respond when your partner shares good news

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.

When your partner shares good news

1. Stop what you're doing. Eyes up, phone down.
2. Ask for the story: "Tell me everything. What did they say?"
3. Name the effort behind the win.
4. Mark it: a toast, a dinner, a call to someone who'll care.
5. Worries and logistics wait until tomorrow.
6. Bring it up again a day later.

All the lines, and when to use them

Wait, stop. Tell me everything. When did you find out? (The moment they come in with the news. The point is to put down your phone and let them tell it at full length, not in a sentence.)

You've been chasing this since last spring. How does it feel to finally hear yes? (When the win came after a long stretch of effort. Naming the effort tells them you saw the whole climb, not just the summit.)

I'm so proud of you. What part are you most excited about? (Once the first rush is over. The question lets them relive the best part, which is where much of the good feeling lives.)

We're celebrating. Takeout from the Thai place tonight, or a proper dinner on Saturday? Your call. (Bigger news that deserves a marker. A small ritual turns a passing moment into one you both remember.)

I want to give this my full attention. Give me two minutes to send this email, then start from the beginning. (You are genuinely in the middle of something. A short, honest delay with a promise beats half-listening while you type.)

This is huge for you, and I want tonight to be about that. Can we talk through the commute part tomorrow? (The news has a cost for you too, like a new job across town or a longer schedule. Celebrate first; logistics get their own time.)

Hang on, the sourdough finally rose? Show me the photo. (Small wins. Enthusiasm for the minor stuff (the plant that came back, the good comment from a coworker) tells them all their news is welcome.)

I keep thinking about your news. Tell me again what your editor said in that email. (A day or two later. Bringing it back up shows it mattered to you after the moment passed.)

Phrases to avoid

"That's nice.": Said flatly, it tells them the news did not register. The studies tie the benefits of sharing good news to an active, engaged reply, and two flat words is the opposite.

"Are you sure you can handle that on top of everything?": Even when it comes from worry, raising doubts first turns their moment into a risk assessment. Hold concerns for a later conversation.

"Oh, that reminds me, I got a raise at my old job too...": Matching their story with yours moves the spotlight. Your story can wait until they have finished enjoying theirs.

"Don't get your hopes up yet.": Meant as protection, it reads as deflation. If the news is uncertain, enjoy the hopeful part with them anyway.

"Cool. So what are we doing about dinner?": Changing the subject is the passive and destructive reply in its purest form. The news vanishes and they learn not to bring the next one to you.

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.