



#1

ACTIONS SPEAK LOUDER

Flowers and excessive gifts are great for when you want to do something special, not for an apology. The best apology is doing better next time, and the time after that.

#2

MONEY ≠ POWER

Big financial decisions belong to both of you. Money isn't the only way to contribute in a relationship, income doesn't equal value.

#3

YOUR INSECURITY IS NOT THEIR SECURITY

"Text me when you get there safe" shows care. "You can't leave without telling me" shows control. Respecting boundaries is non-negotiable.

#4

CANCEL THE GUILT TRIP

Supporting your partner's choices builds connection. Guilt breaks it. When you make her feel guilty you both lose.

#5

DO YOU STAND BY IT?

If your online comment was repeated to your family, friends and employer, how would it land? What you say online sticks forever.

#6

HEAR HER OUT

Saying "that's not how it happened" and "don't be so dramatic" make your partner second guess themselves and feel less than. Show you're ready for big conversations by listening to her perspective.

#7

INDEPENDENCE ISN'T A THREAT

You deserve to be celebrated when you achieve great things. Your partner does too. Wanting a partner to thrive is the baseline. Her decisions and independence don't need to be feared.

#8

REWARD YOUR RELATIONSHIP WITH YOUR MATURITY

Your mood, silence, or withdrawal isn't leverage. Cool-off time is healthy. Emotional punishment is not.

#9

JEALOUSY DOESN'T SUIT YOU

The best way to deal with jealousy is by talking about the feeling. It's your feeling to manage, not hers.

#10

REAL POWER

Strength is when you can manage your own feelings. You can ask for help, and you can also calm yourself.