



BACK TO EACH OTHER • BONUS 1

Bringing Him Along

*The honest guide to getting him to the start line — without a
fight.*

closen

Closer, a little each day.

PART ONE · FOR HIM

The page below is written to him. You can hand over just this — screenshot it, print it, or read it out loud together. How to do that is on the last page of this guide.

Here's the whole thing, straight — then you decide.

Your wife picked up a 30-day thing for the two of you. This is the one page that lays out exactly what it is, so you're deciding on the facts. Four minutes.

What it isn't. It isn't therapy — nobody's digging through your childhood or asking you to talk about your feelings for an hour. And it isn't the kind of commitment that eats a calendar — there's no session to book, no weekend to block off, no app pinging you.

What it costs. About half an hour a day, split so you're rarely doing more than fifteen minutes at a stretch — usually in the quiet after the kids are down, the same slot you're both already on the couch on your phones. Most days it hands you a clear thing to do: a script, a timer, one specific question. Not “so... let's talk.” The whole thing runs on specifics instead of open-ended conversation.

The first week is easy on purpose. Day one, the entire job is to listen to one sentence she reads you. Not answer it, not fix it, not match it — just hear it. That's the whole of day one. It ramps up by inches from there, never by a cliff.

What you get out of it. Three things, concretely:

- **Less guessing, fewer flare-ups.** A lot of the low-grade friction in a long marriage is two people guessing wrong about each other. This gives you less to guess about —

which tends to mean fewer of those Tuesday-night arguments neither of you can trace back to anything.

- **She's not carrying "are we okay?" on her own.** Thirty minutes a day of being in it together takes that off her — and out of the space between you.
- **You get told the thing that actually works.** By day two she hands you the one thing that reaches her — so your effort lands instead of missing. Probably the best trade in here.

The rule that protects you: this isn't a streak. The days aren't tied to dates. Miss a day, miss a week, miss the whole of the school holidays — you pick up exactly where you left off. Nothing resets, nobody's counting. You can't fall behind, so you can't fail at it.

It's one small thing, done together, most days, for a month.

That's the entire ask.

Bringing him along

If there's one thing standing between you and starting this, it probably isn't the thirty minutes. It's a quieter worry: *what if I bring this to him and he won't really do it with me?* You've handed him a "let's try something" before and watched it die on the vine, and doing this alone — narrating both halves to a man who's half-listening — sounds worse than not doing it at all.

So, first: you are not about to sell him a marriage overhaul. This book was built knowing exactly who he is on a Tuesday night. Your whole job in the first few days is smaller than you think — and this guide is the part that makes it go right.

Start by aiming lower than you want to

The instinct is to make the case — to explain why you two need this, how far you've drifted, what you're afraid of. Don't lead with that. To him, a heartfelt case for why the marriage needs help sounds like a charge sheet with his name on it, and his guard goes up before you've finished the sentence. He hears "you're the problem," even when that's the last thing you mean.

Aim lower. You're not asking him to agree that something's wrong. You're asking him to do a short, specific thing with you for a few nights and see how it feels. Enthusiasm is not the bar — *showing up* is. A man who does day one flatly, buying into none of it, has still done day one. The buy-in comes from the doing, not before it. That takes the pressure off the whole conversation, because you no longer need him to feel what you feel before you begin.

The words, for the three ways he might take it

Pick the version that sounds like your husband. Say it when he's not mid-task and not wiped out — not the second he walks in, not at 10:45 when he's done for the day. A slow weekend morning beats a weeknight.

If he tends to go “we’re fine, we’re just busy”:

“I know we’re okay — I’m not saying we’re in trouble. I found this thing: it’s about thirty minutes a day, most of it I do on my own, and there’s a small part we do together at night. I want to try it for a bit. Will you just do it with me and see?”

— You’ve conceded “we’re fine” up front, so there’s nothing left for him to argue against. The ask is small and time-boxed.

If he tends to hear “therapy” and shut down:

“It’s not a therapy thing — there’s no talking-about-our-childhoods, I promise. It’s more like a script: each day it tells us exactly what to do, so we don’t end up in one of those circular conversations. Ten, fifteen minutes at night. Can we try it?”

— You’ve named his fear before he has to, and pointed straight at what he actually wants: structure instead of open-ended talking.

If he’ll say yes to your face and then quietly never engage:

“There’s a page in here that’s just for you. It’s short — it explains the whole thing better than I can. Read that one page, then tell me if you’re in. If it’s a no after that, I’ll leave it.”

— This hands him Part One and gives him a real out, which paradoxically makes him far more likely to say yes: he’s not being cornered.

The first three days are the whole game

The book front-loads its easiest, lowest-risk days right here — in the window where he’s deciding, usually without saying so, whether this is safe. Your job is to not blow it by wanting too much too fast. Here’s what’s actually happening under the hood:

DAY 1

He only has to listen. You read him one sentence you wrote. He doesn’t answer, fix, or match it. If he sits there a little awkwardly and says nothing, that’s not him failing — that’s the design. Don’t ask what he thought. Don’t ask to see if he wrote anything. Let the one sentence sit in the room and leave it there. The restraint is the point.

DAY 2

He shares one thing back. Now it’s even: you each say the one thing that reaches you. His might be clumsy, or shorter than you’d like. Collect it, write it down, and — this is the hard part — don’t correct it or argue with it (“but I do that”). Tomorrow you’ll use it.

DAY 3

He does one thing. He acts on the exact instruction you gave him the day before. It may look a little forced. Good: forced means he’s doing *your* currency instead of defaulting to his. Notice that it landed; don’t grade it out loud.

If those three days go smoothly — not dramatically, just *without a fight and without him bailing* — you’re through the hardest part. Everything after is easier than day two.

What he’ll probably say, and what to do with it

“We’re fine, we don’t need this.” He’s not wrong that you’re not in crisis — so don’t fight him on it. ***“I know. This isn’t for trouble; it’s so we don’t drift there.”*** You agree with the true part and hold the frame without a fight.

“This feels like therapy.” Name it and drop it fast: ***“It’s the opposite — there’s no open talking, it literally tells us what to do.”*** Then show him day one is ten minutes. Proof beats promises.

“It’s just one more thing to do.” Concede the calendar is full, because it is: ***“It’s thirty minutes, in the slot where we’re already on our phones. If it’s not worth it after a week, we stop.”*** A time-boxed trial is easy to say yes to.

“How much did this cost?” Have the number ready and make it small next to what it replaces: ***“Less than one date-night we’d spend talking about logistics anyway.”*** Don’t get defensive — defensiveness makes it sound like it wasn’t worth it.

Nothing — he agrees, then dodges. The most common one. Don’t nag; nagging turns you into his manager, and that kills it. Go back to the *“just read your page”* move, or simply start your own Solo part where he can see you doing it. Quiet consistency pulls harder than pressure ever will.

If he really won’t — how to do this without turning it into a wound

Sometimes, for a while, the answer is no. Pushing a reluctant man harder is the one move guaranteed to make “no” permanent — so don’t. Here’s the part worth hearing: **most of this book still works if you do the Solo halves alone.** The writing, the noticing, the one honest sentence a day — that’s yours, and it changes how you show up whether or not he’s holding the other end yet.

Do the Solo halves without announcing it, and without a running scoreboard of his absence. Two things tend to happen. You start feeling less alone, because you’re finally doing *something* instead of waiting. And more often than you’d expect, a man who watches his wife calmly do a thing for herself for a couple of weeks — no pressure, no guilt trips — gets curious and steps in on his own terms. For a guy like him, that’s a far better on-ramp than any argument you could win.

What you don’t do is keep score in silence and hand him the bill a month later. Resentment collected quietly and dropped on him all at once is the exact pattern this whole book exists to break. Don’t run it here.

Handing him his page

Part One of this guide — the short “for him” page — is written to be handed over. Pick the delivery that fits him: text it to him during the day so he reads it with no one watching; leave it on his side of the bed; or, if he’ll take it, read it out loud together. Don’t hover while he reads, and don’t ask for a verdict

the second he looks up. Give it the same room you're going to give him on day one.

That's the whole playbook. You're not talking him into a new marriage. You're getting him to the start line of something small — and the book is built to do the rest.