



One Rule Before Everything Else

Most of this library is about reducing unnecessary conflict, understanding the patterns in your relationship, and protecting your peace.

But there is one thing I need to say very clearly before we go any further.

None of the tools in this guide are meant for situations where you or your children are in danger.

Safety is not another relationship experiment.



I am talking about physical violence, threats of violence, stalking, intimidation, blocked exits, being physically prevented from leaving, having your phone or keys taken away, being threatened with a weapon, being forced into sex, or being genuinely afraid of what might happen if you say no.

I am also talking about situations where someone is threatening you, your children, your pets, or themselves in order to control what you do.

If you are scared of what could happen when you set a boundary, walk away from an argument, say no, or try to leave the house, this is not the moment to test whether one of my techniques works.



Your job in that moment is not to find the perfect sentence.



Your job is safety.



That may mean getting support from someone you trust. It may mean talking to a professional. It may mean making a plan before you make any big changes. And if you or your children are in immediate danger, it may mean getting emergency help.

You also do not need to sit there and figure out whether your situation is "bad enough" to count.



If you are genuinely afraid for your safety, take that seriously.

The tools in this library are for the emotional patterns I talk about throughout this guide. The arguments, the blame, the endless explaining, the waves, the shame, the defensiveness, and all of the emotional chaos where you keep getting pulled into fights that go nowhere.

They can help you change how you react to those patterns.

They are not a substitute for safety planning, emergency help, legal advice, or professional support when those things are needed.



SAFETY COMES BEFORE PEACE.

The relationship tools in this guide have a limit.
Safety comes first.

THIS GUIDE CAN HELP WITH



Arguments



Blame



Endless explaining



Defensiveness



Emotional chaos



Repeating fights

SAFETY FIRST IF THERE IS



Physical violence or threats



Stalking or intimidation



Forced sex



Blocked exits or being prevented from leaving



Weapons or threats involving them



Genuine fear for your safety





If you are genuinely afraid for your safety, take that seriously.

And please do not use this guide to convince yourself that you just need to become better at handling something that is actually dangerous.



That is not what I am asking you to do.

My goal with this guide is to help you create more peace in your life.

But there is one rule before everything else:

Safety comes before peace.

