

Waves and Fire



The core method: see the wave, find the wound, notice the trigger, stop chasing the Cover Up, choose the patch, then return to yourself.

Think in Waves, Not Random Moods

One of the biggest shifts for me was stopping the thought, “What the hell is wrong today?” and starting to see the pattern instead. Once you see the wave, the mood stops feeling so random. You are not waking up every morning spinning a wheel to see which version of him you get. There is usually a build-up, a peak, a crash, and then calm again.

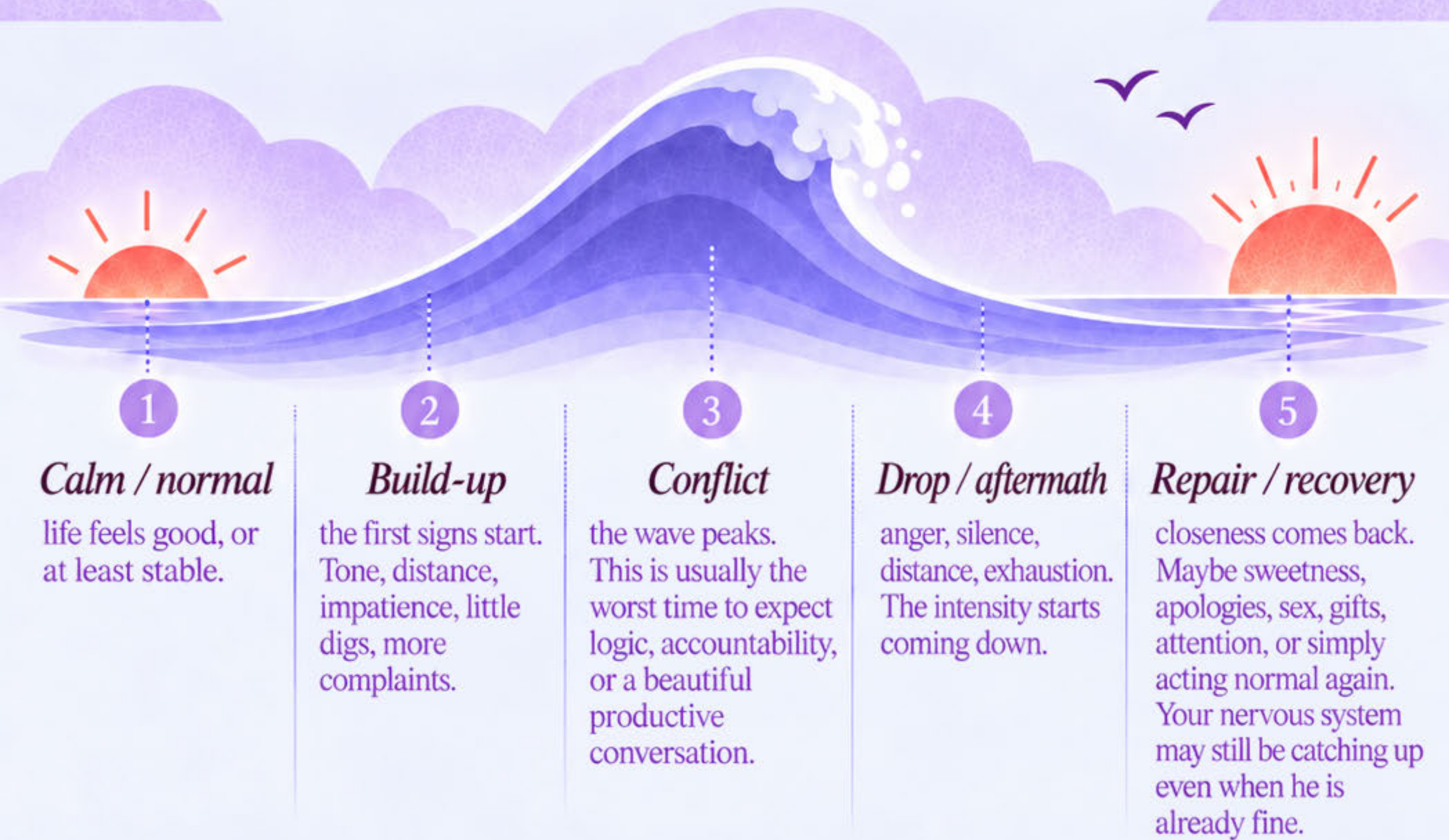
Calm sits at the bottom. Then the build-up starts. Maybe his tone changes. Maybe he gets colder. Maybe the little digs start. Maybe suddenly everything annoys him. If nobody catches it, the wave keeps climbing until you hit the conflict at the top.

And then, weirdly, the crash is often much faster than the climb. The fight happens, the energy drops, and eventually repair starts. Maybe he is sweet again. Maybe you reconnect. Maybe you have sex. Maybe everybody just acts like nothing happened and Tuesday continues.



The Phases of a Wave

There is no universal schedule. A wave can take twenty minutes, three days, or two weeks. But the shape is often surprisingly similar.

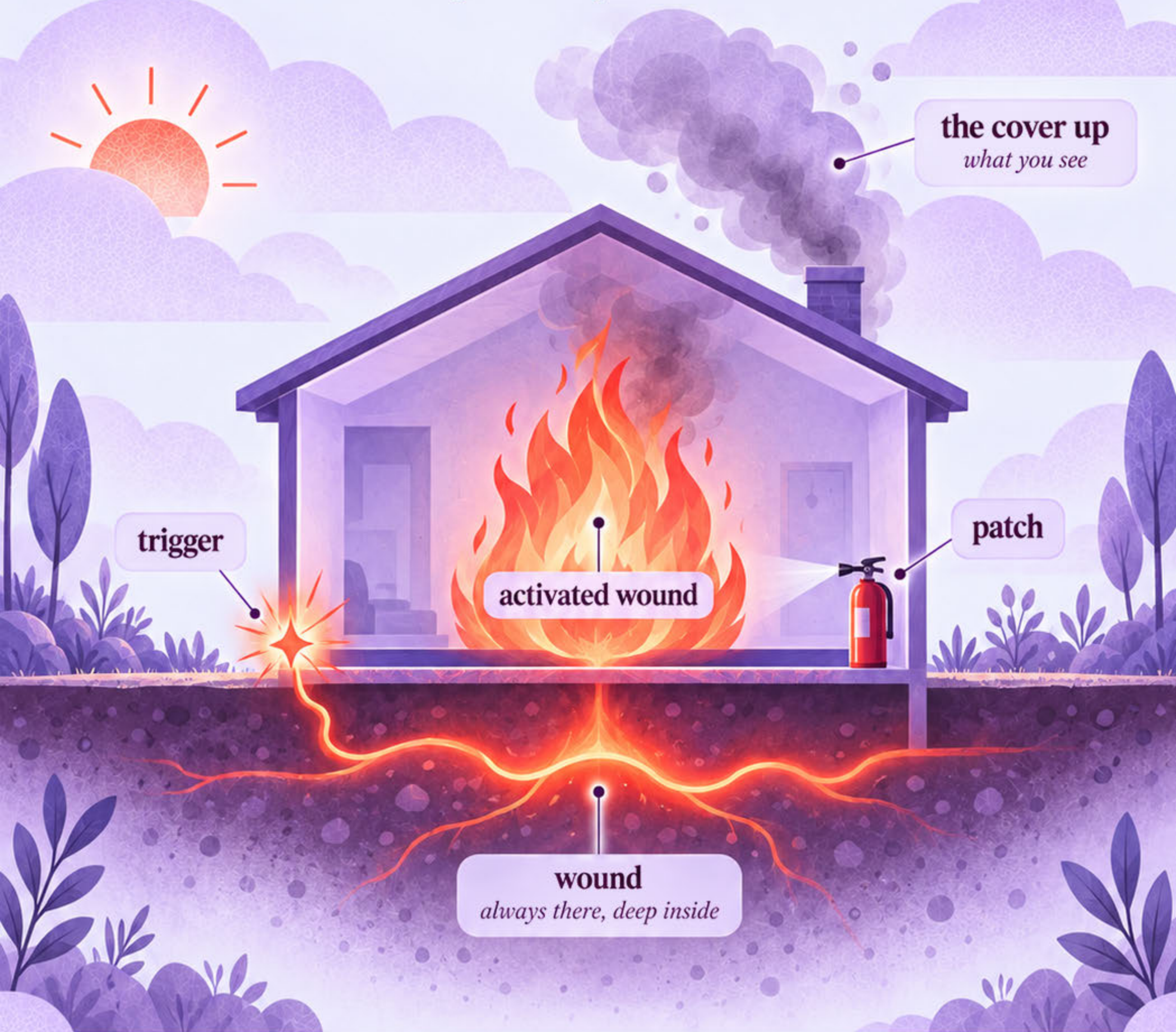


The wave usually takes longer to build than it takes to crash. That matters, because the build-up is where you have the most power.



Okay, But Why the Hell Does the Wave Start?

This is where the second metaphor comes in: the fire. And honestly, this is the part I really want you to understand, because once this clicks, a lot of the ridiculous fights suddenly make a lot more sense.



You do not need to memorize every detail right now. I go much deeper into each piece in the next PDFs. For now, I just want you to see how they connect.



1. The Wound: What Is Already There

The wound is the deep sensitivity underneath everything. It can be shame, rejection, failure, loss of control, status, jealousy, fear of abandonment, or something else that hits him especially hard. It was there before this particular fight, and often long before you. You do not need a full documentary about his childhood to use this. You just need to start noticing what seems to hurt him way more than it should.



2. The Trigger: What Scratches the Wound Open

The trigger is simply what activates it. Sometimes that is you. Maybe you are busy all day and he experiences it as rejection. Maybe you correct him in front of somebody and it hits shame. But the trigger can just as easily come from outside. His boss criticizes him. A deal falls apart. Somebody embarrasses him. He loses at something. By the time he walks through the front door, the fire may already be burning.



3. The Cover Up: The Smoke You Actually See

This is where women go nuts, because the thing you see is often not the thing underneath. He does not come home and say, "I felt like a failure today and now I feel small." Of course not. You get the kitchen. Your phone. Your tone. The kids. The way you planned dinner. Coldness. Sarcasm. A stupid little jab. A fight that seems to come out of absolutely nowhere.

That is the Cover Up. It is the smoke. And yes, the surface issue can have some truth in it. Maybe the kitchen is messy. Maybe you really did forget something. But if the emotional reaction is at national emergency level over a normal problem, that is your clue that the smoke is probably not the whole fire.

If you spend all your energy fixing the smoke, you can lose your mind because you are putting all of your effort into the thing you can see instead of the thing driving the intensity underneath it. That is the trap.

And we are going to get much deeper into that in the next sections.



4. The Patch: Calm the Actual Wound

The patch is what you do to calm what is underneath, not necessarily what he is complaining about on the surface. If the wound is rejection, the patch might be connection or attention. If it is shame, maybe it is giving him a face-saving way out. If it is loss of control, maybe it is clarity or a simple choice. If it is failure, maybe it is reassurance, recognition, or space.

And very important: the patch is not a cure. You are not healing his childhood. You are not becoming his therapist. You are not taking responsibility for his entire emotional world. You are simply trying to calm the activated wound enough that the wave can come back down.



Wound



Trigger



Cover Up



Patch

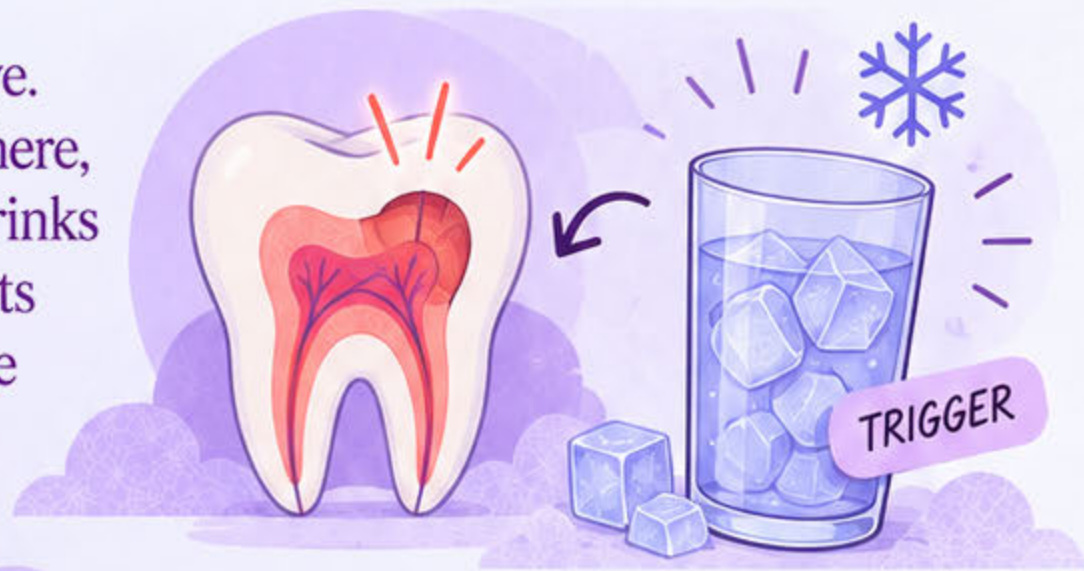


Wave comes down.



The Exposed Tooth Nerve

Think of a tooth with an exposed nerve. The nerve is the wound. It is already there, even when it is not hurting. Then he drinks ice-cold water. That is the trigger. It hits the nerve and suddenly there is intense pain.



Now imagine he snaps, "Why the hell is this water so cold? Who put this in the fridge?" That is the Cover Up. Technically, yes, the water is cold. But arguing for twenty minutes about who put the bottle in the fridge is not going to calm the nerve.

So instead of fighting about the glass of water, you do something that actually calms the nerve. That is the patch. The pain comes down, the reaction comes down, and the wave starts dropping. The exposed nerve still exists. You did not cure it. You just stopped arguing about the wrong damn thing.



Focus on what actually helps.



The Power Is Early Detection

A small flame is easier to handle than a house fire. Same here. If you catch the wave when it is just a sharper tone, a little distance, or the first weird little complaint, you have options. Once you are standing in the middle of a full-blown fight, your options get a lot worse.

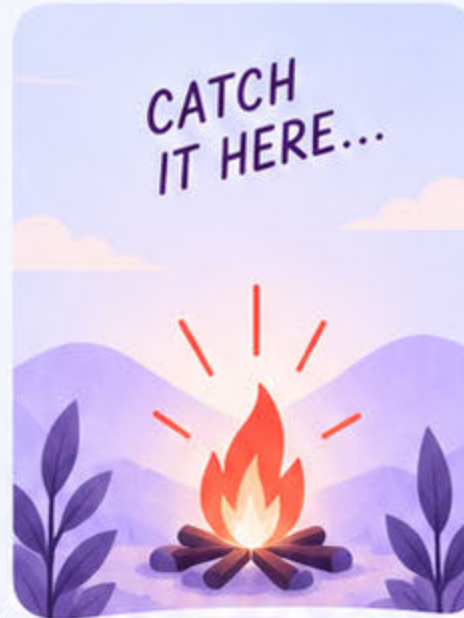
And do not compare him to some textbook version of a narcissist. Compare him to himself. Your early signs are relative to his normal baseline. My partner does not suddenly become wildly jealous or suspicious. For me, the first signs are more often coldness, impatience, subtle mean digs, and little stabs. That is what I watch for.

Possible Early Signs

- ♥ Sharper tone
- ♥ More complaints than usual
- ♥ Nitpicking
- ♥ Impatience
- ♥ Little digs or stabs
- ♥ Coldness or withdrawal
- ♥ Silence
- ♥ Sudden need to argue over something stupid



A small flame is easier to handle than a house fire.



*More options.
You can handle this.*



*Fewer options.
Everything is harder.*

The surface topic can be completely real and still not be the thing driving the intensity. Dinner may actually be late. You may actually have forgotten something. The question is why this completely ordinary problem suddenly carries the emotional force of a national emergency.

Also, sometimes there is no one dramatic trigger. Things have been building for days. He is stressed. He is sleeping badly. Work is a mess. He feels ignored. Then one tiny thing happens and that is the match.

Do not stare at the match and act confused about why the whole house caught fire. Look at what was already burning.

And please do not waste an hour trying to convince him that his reaction is way too big for the thing he is complaining about. Of course it is. That is the clue.



If You Have the Workbook + Tracker

If you also bought the optional Workbook + Tracker add-on, this is exactly where you can start using it. After a wave, jot down one quick line: trigger, likely wound, Cover Up, patch, result. That is enough. You are not writing a psychology thesis. You are slowly building your own personal playbook.

And if you did not buy the workbook, do not worry. You do not need it to understand or use this system. It is simply an optional tool if you want to keep notes and see your patterns even faster. The goal is not to become obsessed with monitoring him. The goal is to stop being shocked by the same damn pattern every time it happens.



*You do not
need to be perfect.
You just need
a place to start.*

*Small notes.
Big clarity.*

