

Patches

Small tools.
A calmer you.



What Is a Patch?

A patch is not fixing his personality. It is not erasing the problem. And it is definitely not you becoming his mother. A patch is one small response that may calm the wound enough that the wave does not turn into a full disaster. Think about a little kid who falls and points everywhere because everything hurts. You do not put a Band-Aid on his elbow when the actual scrape is on his knee. Same idea here. Find the real wound. Patch the real wound.

“A patch is not fixing him. It is calming the wound enough for the wave to pass.”



And yes, you may be sitting there thinking, “Damn. This is a grown man. Is it seriously my job now to regulate his emotions all day?” No. Absolutely not. It is not your job. Nobody is telling you to fix his mood, regulate him, rescue him, or spend three hours cleaning up whatever emotional mess he created. A patch is a tool. You use it when it makes your life easier. That is the whole point.





Let's Look at the Wave Again

Let's look at the wave again. The earlier you spot the wound and patch it, the better your chances are of keeping the wave lower and getting back to calm faster.

Early detection is where this system gets powerful. Once the wave is already at full height, the part of him that wants to defend, win, escape, or punish can be way louder than the part that can actually hear you. Catch the first little stab, the colder tone, the impatience. That is when you still have options.

*Notice
sooner.
More calm
ahead.*

A
CALMER
TOMORROW
IS POSSIBLE

How Do I Know the Patch Worked?

The goal is not that he suddenly becomes sweet, apologizes perfectly, tells you that you were right, and turns into a completely different man. Please do not use that as your scoreboard. A patch worked if the wave stops climbing. If the intensity comes down. If the fight that normally lasts three hours ends in twenty minutes. If you both get back to calm faster. That is the win. Sometimes the best result is actually boring. Nothing dramatic happens. He settles down. The topic loses heat. Everybody moves on with their life. Good. That is exactly what we want. And please do not keep poking at it because you want a bigger emotional payoff. If the fire is going out, stop throwing wood on it just because you still want the apology.

“The scoreboard is not: Did he admit I was right? The scoreboard is: Did the wave come down?”

Sometimes
boring is
the win.
♡

Calm / normal

life feels good, or at least stable.

Build-up

the first signs start. Tone, distance, impatience, little digs, more complaints.

Conflict

the wave peaks. This is usually the worst time to expect logic, accountability, or a beautiful productive conversation.

Drop / aftermath

anger, silence, distance, exhaustion. The intensity starts coming down.

Repair / recovery

closeness comes back. Maybe sweetness, apologies, sex, gifts, attention, or simply acting normal again. Your nervous system may still be catching up even when he is already fine.



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.

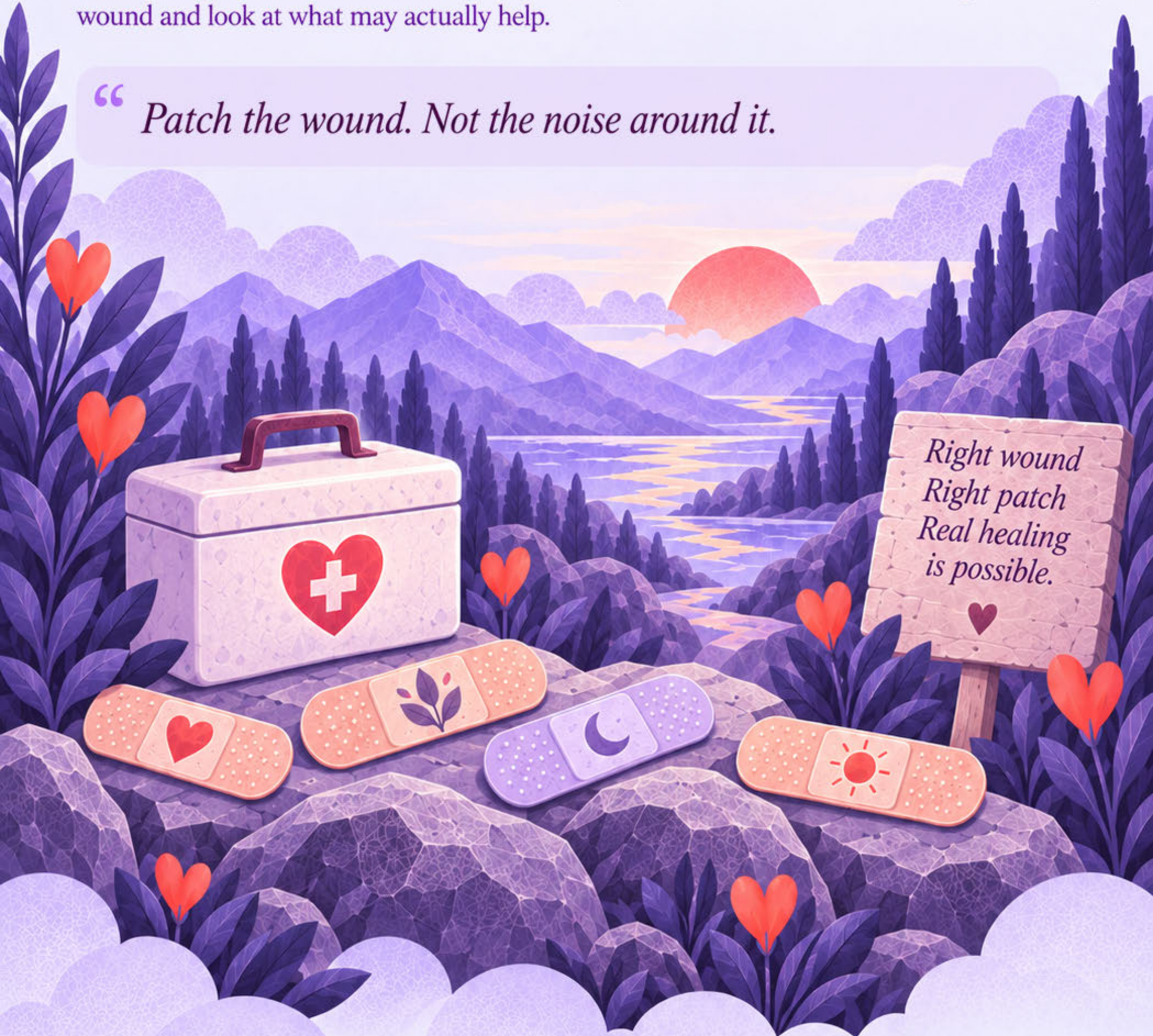




Match the Patch to the Wound

This is why I made you spend so much time on the wounds. The patch only works if you are patching the right thing. Just like in real life, you have to know where the actual wound is before you start sticking Band-Aids everywhere. If the wound is shame, attention may do nothing. If the wound is rejection, a lecture about logic may do nothing. Different wound, different patch. That is why getting the wound right matters so much. Now let's go wound by wound and look at what may actually help.

“Patch the wound. Not the noise around it.”



Patching the Shame Wound

The goal is not to make sure he never feels bad about something he did. Adults are allowed to feel bad when they screw up. The problem is when shame gets so intense that all of his energy goes into escaping it by attacking you, rewriting the story, or disappearing.

“Keep this in your head: Soften the shame without taking the blame.”

Separate the Person from the Behavior

You can be clear without pouring gasoline on the shame and then wondering why the whole thing exploded.



What This Does NOT Mean



You are not saying the behavior was okay. You are simply refusing to turn one bad behavior into a full character assassination.

What This Actually Looks Like

A face-saving way out can be incredibly useful because shame fights hardest when the only exit feels like public surrender. You are not rewriting history. You are giving the conversation a door that does not require him to crawl through it on his knees. High-shame wording sounds like, "You are completely out of control." Lower-shame wording sounds like, "That got out of control." Same problem. Very different target. The first attacks who he is. The second names what happened. You are not pretending it was fine. You are being smarter about where you aim.



Lower the Shame in Your Words

*Different
Choices
A Brighter
Tomorrow*

High-shame wording

You are completely out of control.

You are horrible when you are angry.

Everyone saw how embarrassing you were.

I told you so.

Lower-shame wording

That got out of control.

I do not want us speaking to each other like that.

That got intense. Let us go home.

That did not work out the way we hoped.

If he yelled in front of friends and later acts like nothing happened, you may desperately want him to admit how embarrassing it was. I get it. But “That got intense. I do not want that happening again” can protect the boundary without turning the follow-up into another trial where he has to plead guilty in front of you.



When Being Right Costs Too Much

There are moments when proving you are right gives you five seconds of satisfaction and buys you three hours of hell. Ask yourself what that victory is actually worth.

Do Not Rub His Nose in It

Repeating “Look what you did,” “You were wrong,” or “You should be ashamed” keeps pushing him straight back into the exact feeling he is most likely to fight against. You already know what happened. You do not need to keep pushing his face into the mistake to make it real. If accountability still matters, bring it back when the temperature is lower and somebody can actually hear you.



What I Would Do Here

Notice when part of you wants him to feel exactly as bad as you felt. I get it. Sometimes you want him to finally understand what he did. But ask yourself whether proving the point is helping your life, or whether it is just buying you five seconds of “See, I was right.”

When the Issue Still Needs a Conversation

If it is safe to wait, wait for calm. Then keep it specific. Talk about what happened and what needs to happen next. Do not drag his entire personality into court.

- ♥ Money or major practical consequences
- ♥ Parenting decisions
- ♥ Repeated disrespect
- ♥ A boundary that was crossed
- ♥ Safety concerns
- ♥ Something you genuinely need to decide together





Then look at what happened next.

- Did he become cold?
- Did he start criticizing you?
- Did he suddenly pick a fight about something random?
- Did he pull away?
- Did he make you prove that you still care?

You are not trying to read his mind. You are just looking for the pattern. Sometimes the easiest question is:

“ Did something happen that made him feel unwanted? ”

NOTICE
PATTERNS
UNDERSTAND
BE KINDER ♥

Small
Clues
Big
Patterns
♥

Look for
the pattern
Not just
the moment
♥

People's
Actions
Tell You
Things
♥



The Shame Rule I Want You to Keep

Your job is not to protect him from ever feeling shame. Adults have to live with the consequences of what they do. Your job is to decide whether adding more humiliation gets you anywhere you actually want to go. Sometimes the smartest move is a face-saving exit, a clear boundary, and then silence. Done. You go back to your life. Soften the shame without taking the blame.

“*Soften the shame without taking the blame.*”



Patching the Loss-of-Control Wound

Once you see that loss of control may be underneath the reaction, this one can actually be pretty simple to patch. And before anybody panics: I am not telling you to hand him control of your life. I am talking about giving a little predictability where it costs you absolutely nothing.

“There is a huge difference.”

Give Certainty Where You Actually Have It

If the plan changed and you know the new plan, just give him the new plan. You do not always need a fifteen-minute explanation about why everything happened. “Dinner is at seven now. The kids’ appointment ran late.” “We are leaving at 8:30.” “The reservation moved to eight.” Simple. And if you genuinely do not know yet, you do not have to invent certainty either. You can still give him the next piece of information you do know. “I don’t know yet. I am waiting for an answer, and I should know by five.”

For somebody who does not like feeling out of control, even knowing when there will be an answer can sometimes help.





Give Him Control Where You Truly Do Not Care

This is another place where I refuse to waste my energy. If something is tiny, honestly makes no difference to me, and letting him choose makes the whole evening easier, I am not turning it into World War III just to prove nobody tells me what to do.

- ♥ Which restaurant do we go to? If I genuinely do not care, pick the restaurant.
- ♥ Do we leave at 8:15 or 8:30? If it makes no difference to me, fine.

“That is not submission. That is me deciding where I want to spend my energy. But there is a huge difference between that and giving away things that actually matter to me. My friendships, my work, my money, my independence, who I see, and normal adult decisions about my own life are not the same thing as picking a restaurant. And yes, sometimes I really do want that specific restaurant, so then I push for it. The keyword is sometimes. That line matters.”





Do Not Turn Every Little Thing Into a Power Contest

This one can happen so easily. He gets controlling. You feel controlled. Now you are pissed off, and suddenly you want to fight him on absolutely everything just to prove he cannot control you. And twenty minutes later, both of you are fighting over something neither one of you actually cared about in the beginning. This is where I would ask myself:

“Does this actually matter to me? If it matters, then yes, hold my position. If it genuinely does not matter, I do not need to turn it into a fight just because he has an opinion. I do not want to spend two hours proving a point about a restaurant I did not even care about.

Notice it

Learn from it

Choose
what makes sense

Same
pattern

A calmer
tomorrow
❤️

Growth
Looks Good
On You
❤️

Bigger
Perspective
Brighter
Days
❤️

Predictability Is a Patch – Giving Up Your Autonomy Is Not

This is the line I really want you to remember with this wound.

- ♥ Giving him useful information can help.
- ♥ Giving him a plan can help.
- ♥ Letting him choose something small that does not matter to you can help.

But rearranging your entire life so that he never has to feel uncertainty is something completely different. And please do not confuse understanding this wound with excusing real controlling behavior. Control can move way past irritation, questioning, or micromanaging and become coercive or unsafe. Do not explain that away just because you now understand where it may come from. Understanding the wound helps you understand the reaction. It does not mean you hand somebody control over you.

“Give certainty where you can. Do not give away your autonomy just to make somebody else feel in control.”



Patching the Status Wound

Once you see that status may be underneath the reaction, a few small changes can make a surprisingly big difference. And again, none of this means making yourself smaller so he can feel bigger. There is a massive difference between protecting somebody's dignity when it costs you nothing and spending your whole life babysitting somebody's ego. Those are not the same thing.

Protect His Dignity When It Costs You Nothing

Let's go back to the public correction example. If he says something happened Tuesday and you know it was Wednesday, ask yourself whether correcting him in front of everybody actually matters. Sometimes it does. Sometimes it absolutely does not. There is a difference between saying in front of everyone:

“No, you're wrong. It wasn't Tuesday. I told you three times it was Wednesday.”

and later saying:

“By the way, I think that was Wednesday.”

Same reality. You did not pretend he was right. You did not lie. You just did not turn a tiny factual correction into a public defeat. That is what I mean by protecting dignity when it costs you nothing.



Give Recognition When It Is Real

If respect and admiration matter a lot to him, genuine recognition can go a long way. And I really mean genuine. I am not talking about fake worship. I am not asking you to stand there clapping every time he enters the room because you are scared of what happens if you do not.

- ♥ But if he did something well, notice it.
- ♥ If he solved a problem, say it.
- ♥ If you are proud of him, tell him.

If there is something you genuinely admire about him, say it. Do not keep every good thought locked up just because the relationship has become so focused on problems. And let's be honest: if you are still here reading this, there are probably plenty of things about him you genuinely love or admire. In difficult relationships, communication can slowly become almost entirely corrections, complaints, and things that need to be fixed. Then everybody starts starving for anything positive. So if you genuinely feel something positive, say it. If that has become hard, actually sit down and think about what you still admire about your partner. Make a list if you need to. You are not going to read it to him every day like a pledge of allegiance. It is simply a reminder to your own brain that the relationship is not made only of problems.



Do Not Announce Your Diagnosis of the Moment

That's impressive!

This one is important. Even if you suddenly understand exactly what happened, you do not have to tell him. Please, for the love of God, do not say: "Oh my God, your ego is hurt because I complimented another man."

You may be completely right. It still probably will not help. One of the biggest things I want you to understand in this guide is that you do not need him to agree with your analysis for your analysis to help you. You are learning this for you.

- ♥ So you stop being confused.
- ♥ So you stop thinking every new complaint needs an answer.
- ♥ So you can see what may actually be underneath the reaction and decide what you want to do next.

Do Not Turn It Into Another Competition

If you see that he is suddenly trying to prove himself because somebody else got attention, you do not necessarily have to join the competition. You do not have to spend the next hour building a court case for why the other guy really is impressive. You already know what you meant. If you said, "Wow, that was impressive," you do not need evidence, witnesses, tax returns, and a PowerPoint presentation proving that yes, the man was indeed impressive. Sometimes you can simply let the comment be what it was and not chase every new complaint that comes after it.

Observe
Understand
Choose Better



Respect Is Not Submission

This is the line I really want to keep clear with this wound.

- ♥ Respect does not mean obedience.
- ♥ It does not mean pretending he is always the smartest person in the room.
- ♥ It does not mean hiding your accomplishments.
- ♥ It does not mean nobody else is allowed to be successful or impressive.
- ♥ And it definitely does not mean making yourself smaller so he can feel bigger.

You are allowed to be successful. You are allowed to be proud of yourself. You are allowed to admire other people. You are allowed to know something he does not know. You are allowed to disagree. For me, the question is simply whether I can protect somebody's dignity without losing any of my own. Sometimes I can. Sometimes that means I do not embarrass him publicly over something that really does not matter. Sometimes it means I give him recognition when I genuinely feel it. Sometimes it means I do not spend two hours arguing about whether another man deserves the compliment I gave him. But I am not disappearing so somebody else can feel important. Absolutely not.

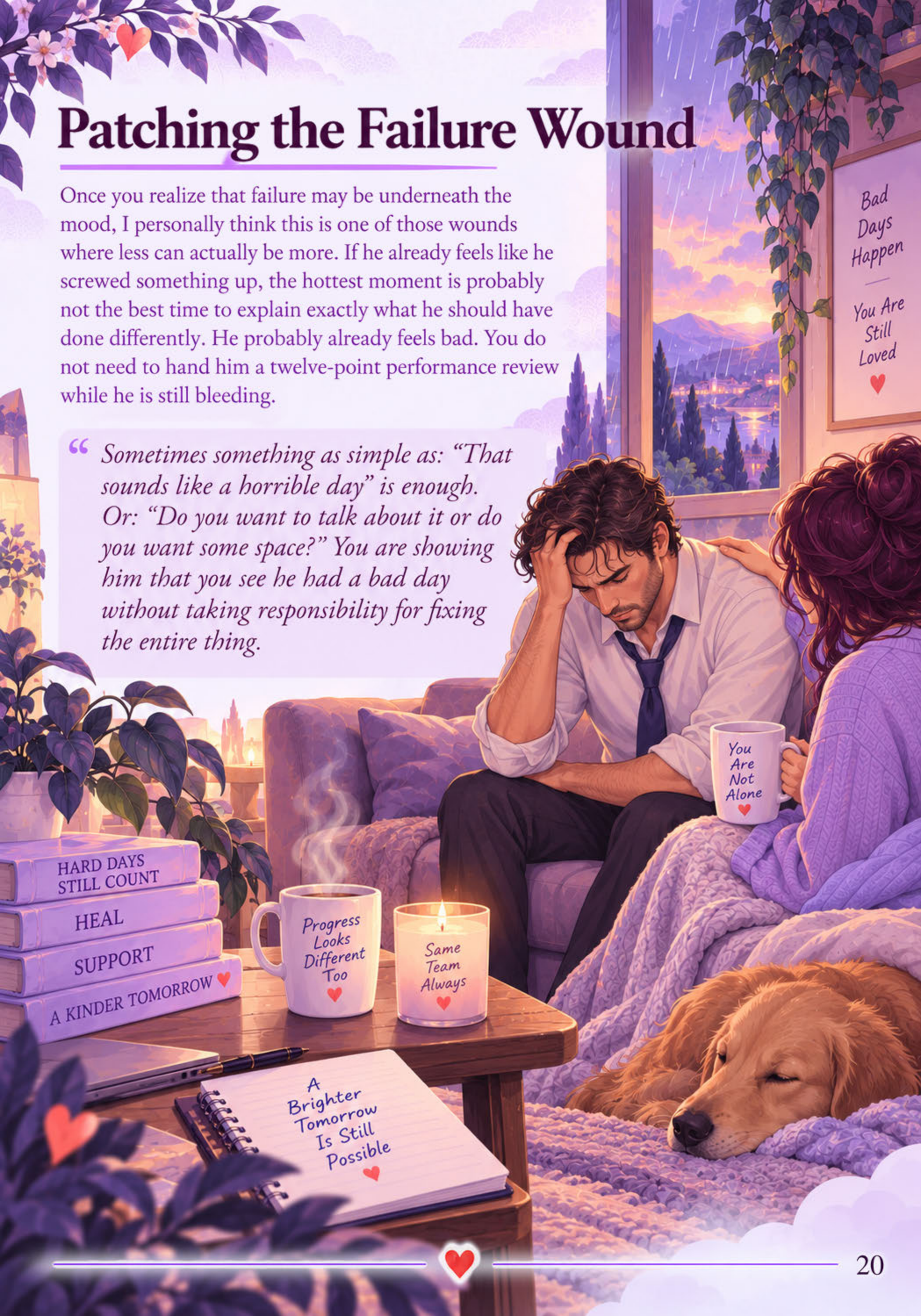
“Protect his dignity where you can. Do not make yourself smaller to protect his status.”



Patching the Failure Wound

Once you realize that failure may be underneath the mood, I personally think this is one of those wounds where less can actually be more. If he already feels like he screwed something up, the hottest moment is probably not the best time to explain exactly what he should have done differently. He probably already feels bad. You do not need to hand him a twelve-point performance review while he is still bleeding.

“ Sometimes something as simple as: “That sounds like a horrible day” is enough. Or: “Do you want to talk about it or do you want some space?” You are showing him that you see he had a bad day without taking responsibility for fixing the entire thing.



You Can Be Supportive Without Taking It Over

Of course, if my partner has a horrible day, I care. I love him. I am not made of stone. Maybe I listen. Maybe I give him a hug. Maybe I make him something he likes. Maybe I leave him alone for a while because I know that is what he needs. There is nothing wrong with being kind to somebody you love when they are having a hard time. But I am not turning the entire house into an emergency room every time one adult has a bad day.

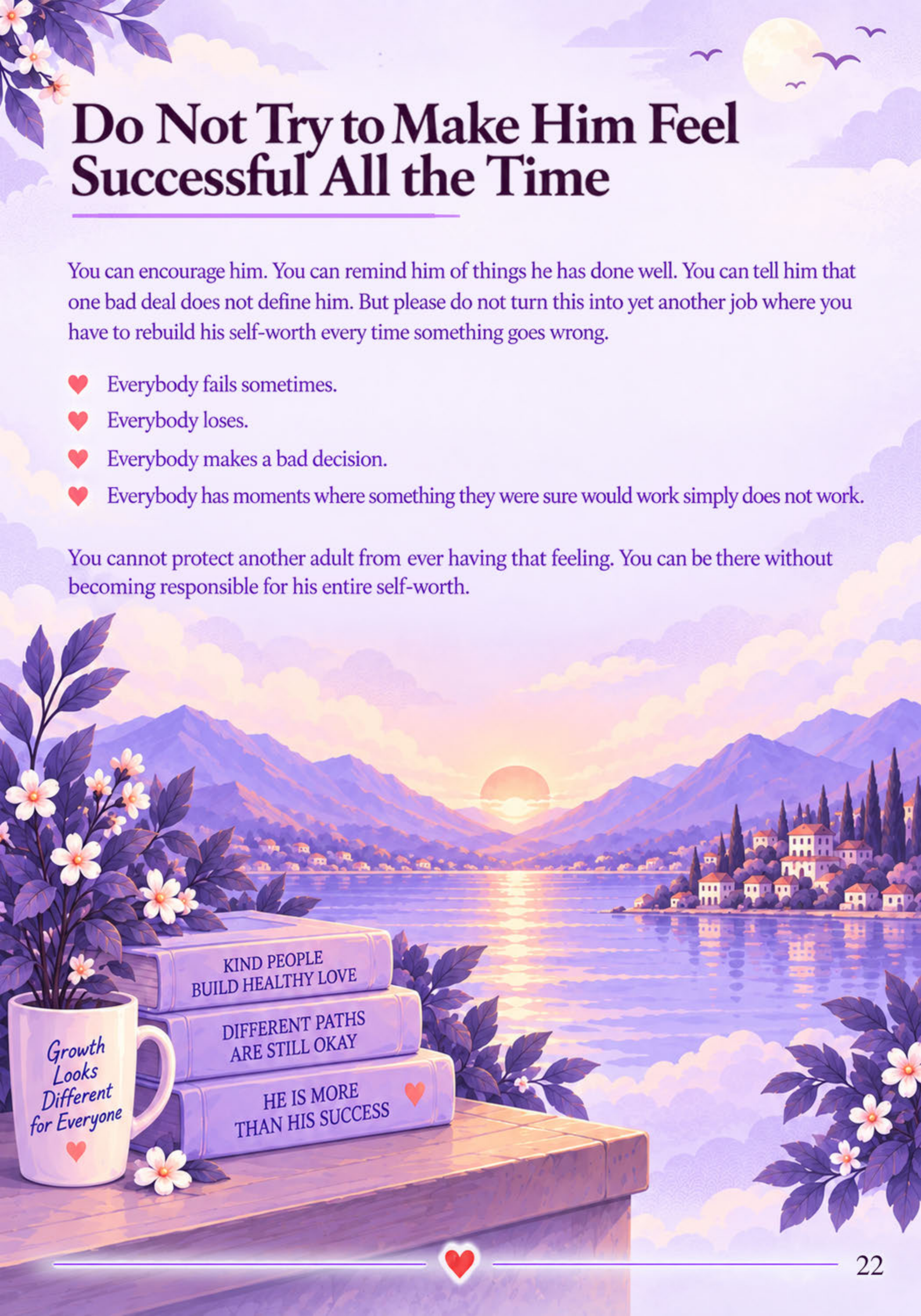
“That is the difference. You can support him without making his failure your new project.”

Do Not Become the Emotional Trash Can

This is especially important with this wound because failure can spill sideways very quickly. He is angry about work, but suddenly you are the one getting snapped at. Understanding where the mood came from can help you not take it so personally. But understanding it does not mean you have to stand there and absorb it. You can say:

“I know today sucked. But do not speak to me like that.” I love that sentence because both things can be true at the same time. I understand why you are upset. And you still cannot dump all of it onto me.





Do Not Try to Make Him Feel Successful All the Time

You can encourage him. You can remind him of things he has done well. You can tell him that one bad deal does not define him. But please do not turn this into yet another job where you have to rebuild his self-worth every time something goes wrong.

- ♥ Everybody fails sometimes.
- ♥ Everybody loses.
- ♥ Everybody makes a bad decision.
- ♥ Everybody has moments where something they were sure would work simply does not work.

You cannot protect another adult from ever having that feeling. You can be there without becoming responsible for his entire self-worth.



KIND PEOPLE
BUILD HEALTHY LOVE

DIFFERENT PATHS
ARE STILL OKAY

HE IS MORE
THAN HIS SUCCESS ♥





When the Bad Day Becomes Everybody's Bad Day

*A
Hard Day
Doesn't
Define Him*



If every bad workday turns into a miserable evening for everybody in the house, that needs a conversation later when things are calm.

Not:

“You are impossible every time you fail.”

More like:

“I know yesterday was horrible at work. I understand why you were frustrated. But I need you not to take that out on everybody here.”

You are talking about what happened, not attacking who he is.

“His failure can explain the mood. It does not make you responsible for the mood.”



Patching the Rejection Wound

Once you see that rejection may be underneath the fight, stop chasing every complaint he throws at you. Sometimes five minutes of real connection will do more than twenty minutes of defending yourself against a complaint that was never really the point.

And I want to say this very clearly: this does not mean it is now your job to constantly reassure him. It is not. This is just another tool. You decide when you want to use it.

Sometimes a Tiny Reconnection Is Enough

If I think the real issue is that he felt ignored all day, I am not spending twenty minutes arguing about my screen time like we are in court. I might just reconnect. Maybe I touch him when I walk by. Maybe I sit next to him for five minutes. Maybe I say, "Today was insane. I feel like I barely saw you." Maybe I give him a kiss or ask him about his day and actually listen for a few minutes. Sometimes that is enough to calm the whole thing down. And I still do not owe him the entire evening. I can reconnect and then say, "I am exhausted. I am going to bed."

“ *Both can be true.* ”

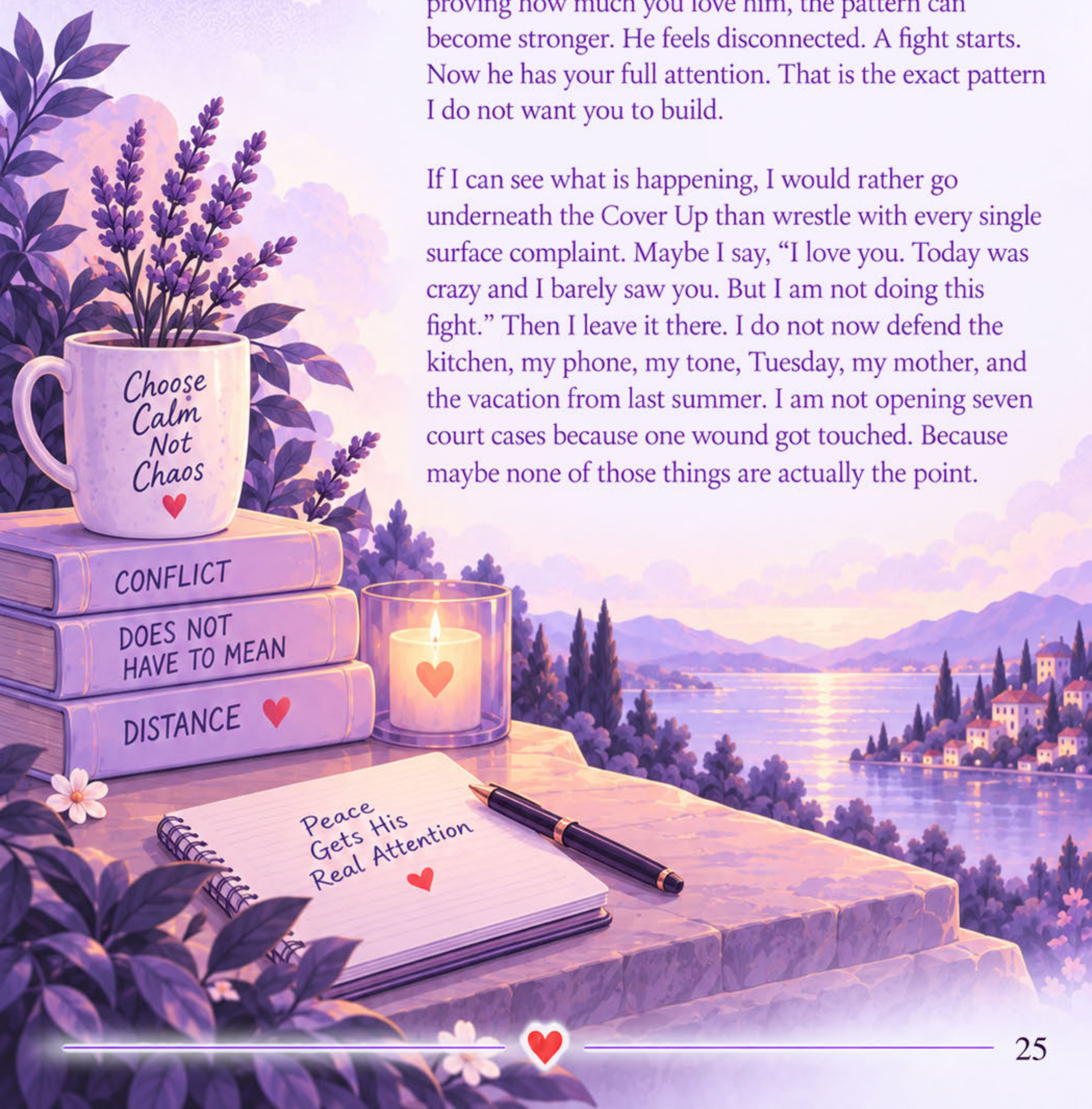




Do Not Let Fighting Become the Way He Gets Your Attention

This part is important. If every time he starts a fight you immediately drop everything and spend two hours proving how much you love him, the pattern can become stronger. He feels disconnected. A fight starts. Now he has your full attention. That is the exact pattern I do not want you to build.

If I can see what is happening, I would rather go underneath the Cover Up than wrestle with every single surface complaint. Maybe I say, "I love you. Today was crazy and I barely saw you. But I am not doing this fight." Then I leave it there. I do not now defend the kitchen, my phone, my tone, Tuesday, my mother, and the vacation from last summer. I am not opening seven court cases because one wound got touched. Because maybe none of those things are actually the point.





Reconnect Without Losing Yourself

This is probably the biggest thing I want you to remember with this wound.

- ♥ You are allowed to be busy.
- ♥ You are allowed to work.
- ♥ You are allowed to have friends.
- ♥ You are allowed to focus on your children.
- ♥ You are allowed to enjoy something without him.
- ♥ You are allowed to need time alone.
- ♥ You are allowed to be tired.

Please do not patch a rejection wound by slowly getting rid of every part of your life that does not include him. That is not what I mean at all. The goal is not to make sure he never feels rejected. The goal is to understand what is happening so you can choose how you want to respond.



Do Not Make Reassurance Your Full-Time Job

This is where a helpful idea can become a full-time nightmare very quickly. You understand the wound, so now you start trying to prevent it all the time. You text more. You explain more. You check in more. You cancel things. You stop seeing people. You constantly make sure he knows he matters. And before you know it, your entire life is organized around making sure a grown man never feels rejected. No. That is not the point. A patch is something you use when it helps you. It is not your new full-time job.

“*Reconnect when you want to reconnect. Do not abandon yourself to prove that somebody else matters.*”



Patching the Jealousy Wound

Once I see that jealousy may be underneath the reaction, a little genuine reassurance can help. And I mean little. We are not writing a dissertation. If it is true and it feels natural, I see nothing wrong with saying: “I love going out with my friends, and I love coming home to you.” Or: “This project means a lot to me. It does not take anything away from us.” Sometimes that small reminder is enough. But reassurance is not becoming your new full-time job. We already have enough jobs.

*A little
reassurance
goes a long way*



Do Not Spend Your Life Proving Everything Else Is Not a Threat

This can get exhausting very quickly. If every friend, every hobby, every work project, every person who compliments you, and every good thing in your life needs a full explanation afterward, something has gone too far. You should not have to constantly prove:

- ♥ “My friends are not more important.”
- ♥ “My work is not more important.”
- ♥ “My children are not a threat.”
- ♥ “My success does not mean I do not love you.”

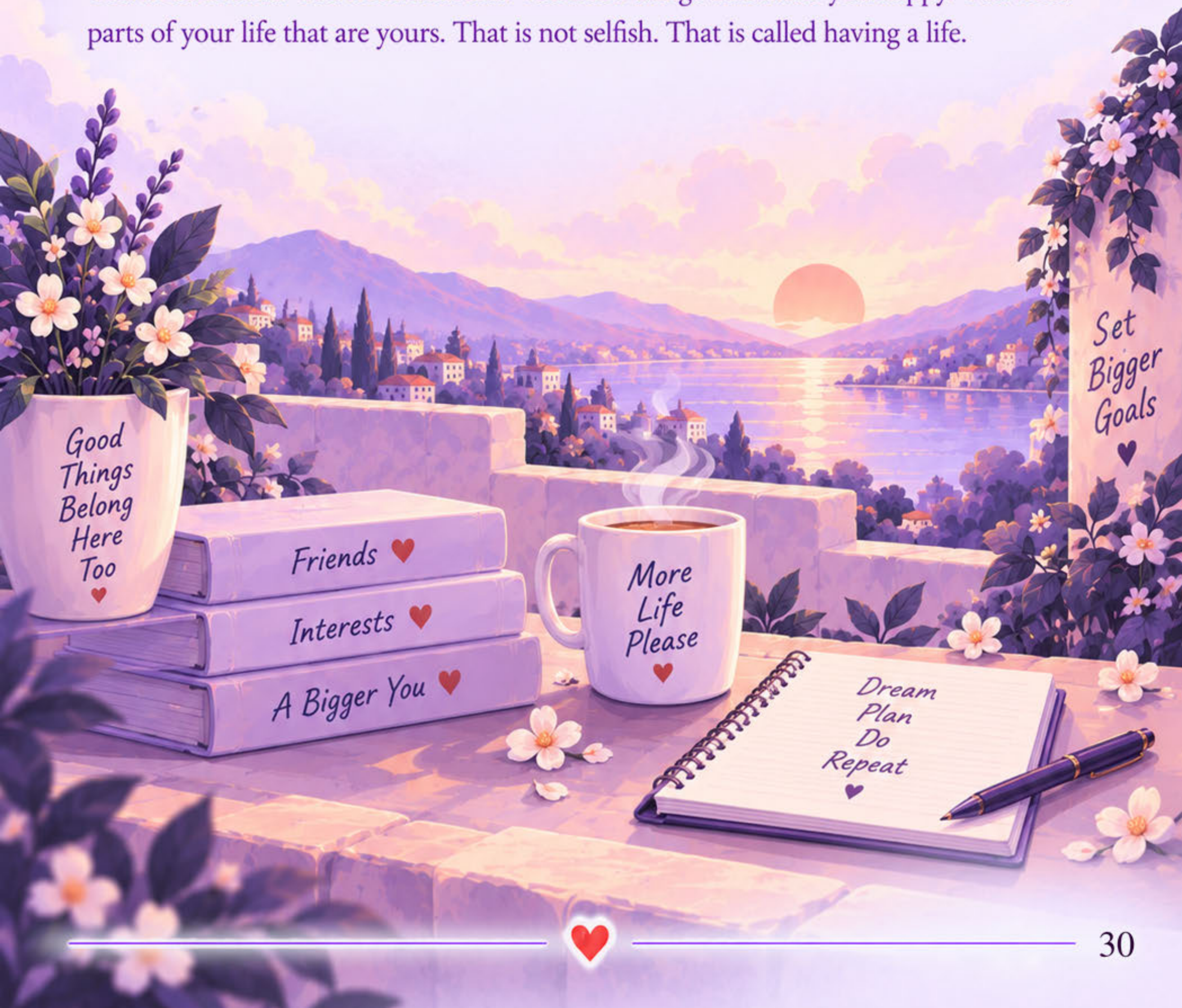
There has to be room for both people in a relationship to have a life.

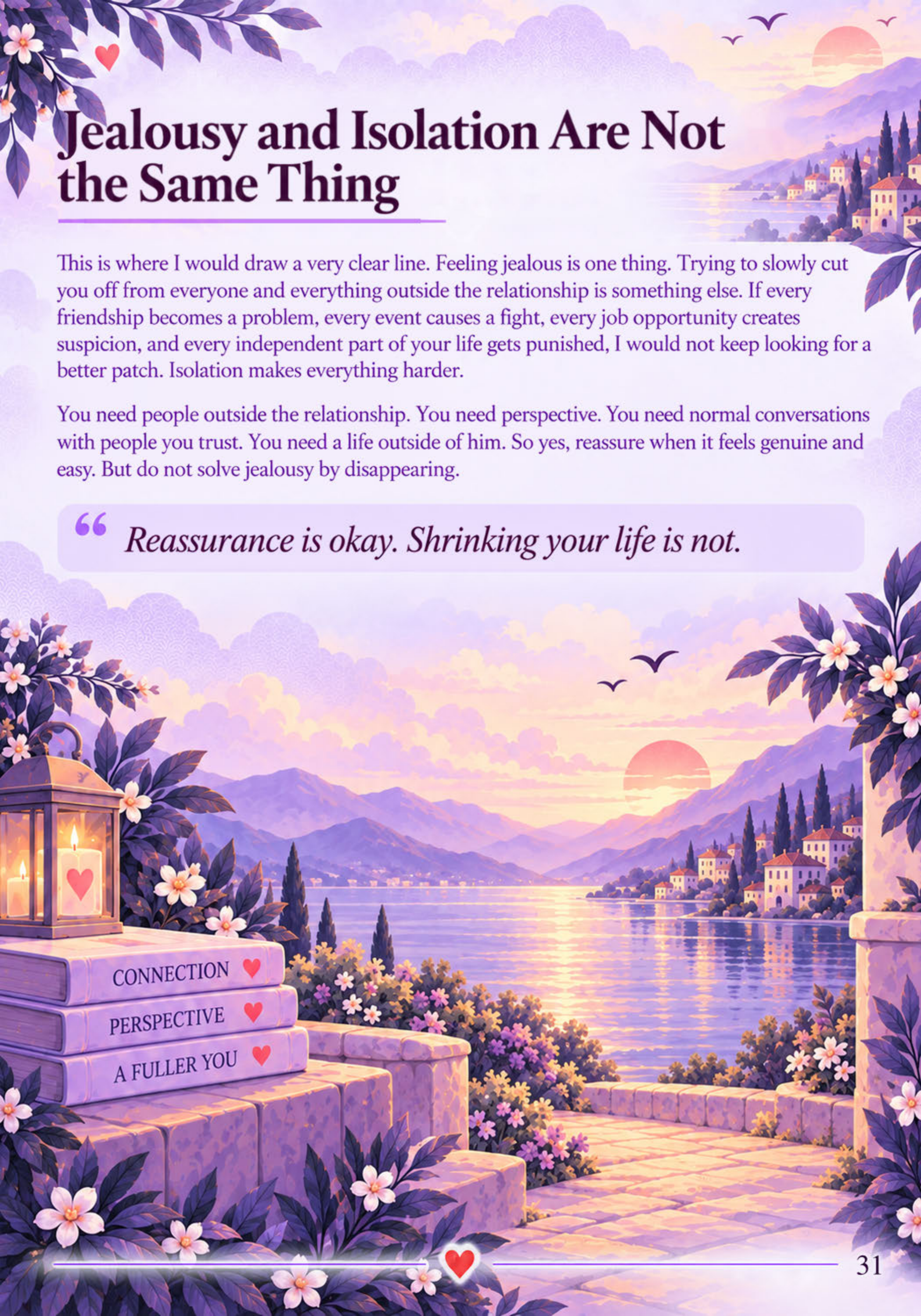


Do Not Make Your Life Smaller

This is where I want you to be very, very careful. Jealousy can slowly train you to shrink yourself before you even realize you are doing it. You stop mentioning certain friends because you do not want the argument. You talk less about your success. You come home after having a great time and suddenly act like it was just okay. You stop doing things because you already know what the reaction is going to be. And little by little, your world gets smaller. Please do not “patch” jealousy by deleting every good thing from your life that could possibly activate it. That is not a patch. That is disappearing.

You need friends. You need interests. You need things that make you happy. You need parts of your life that are yours. That is not selfish. That is called having a life.





Jealousy and Isolation Are Not the Same Thing

This is where I would draw a very clear line. Feeling jealous is one thing. Trying to slowly cut you off from everyone and everything outside the relationship is something else. If every friendship becomes a problem, every event causes a fight, every job opportunity creates suspicion, and every independent part of your life gets punished, I would not keep looking for a better patch. Isolation makes everything harder.

You need people outside the relationship. You need perspective. You need normal conversations with people you trust. You need a life outside of him. So yes, reassure when it feels genuine and easy. But do not solve jealousy by disappearing.

“Reassurance is okay. Shrinking your life is not.”

CONNECTION ❤️
PERSPECTIVE ❤️
A FULLER YOU ❤️

Patching the Fear-of-Abandonment Wound

With this wound, the patch is reassurance without chasing. You can be clear and loving without spending hours proving that you are not going anywhere. Sometimes something simple is enough: “I love you. I am here.” “I am not planning to leave.” “I need some space tonight, but that does not mean I am leaving the relationship.” Then let the message stand.



Reassurance Is Different from Chasing

This is an important difference. One clear reassurance can be loving and enough. Repeating the same reassurance 47 times because he keeps pulling you back into the conversation is not reassurance anymore. It is a hostage negotiation.

You do not have to keep proving the same thing over and over. At some point, you have already answered.

Do Not Treat Every Breakup Threat Like an Emergency

If breakup threats are part of your pattern, they can become incredibly powerful if every single one sends you into panic. That does not mean you ignore a real breakup. It means you start noticing the difference between a real decision and something thrown into the middle of a fight. If every argument suddenly becomes, “Maybe we should just divorce,” I am not spending three hours begging him not to. You can say:

“I do not want us to separate. But I am not discussing ending the relationship while we are both angry.” And then stop. Full stop. You do not have to chase him through the house.

Clarity
Brings
Peace ♡

PEACE
OVER
PANIC

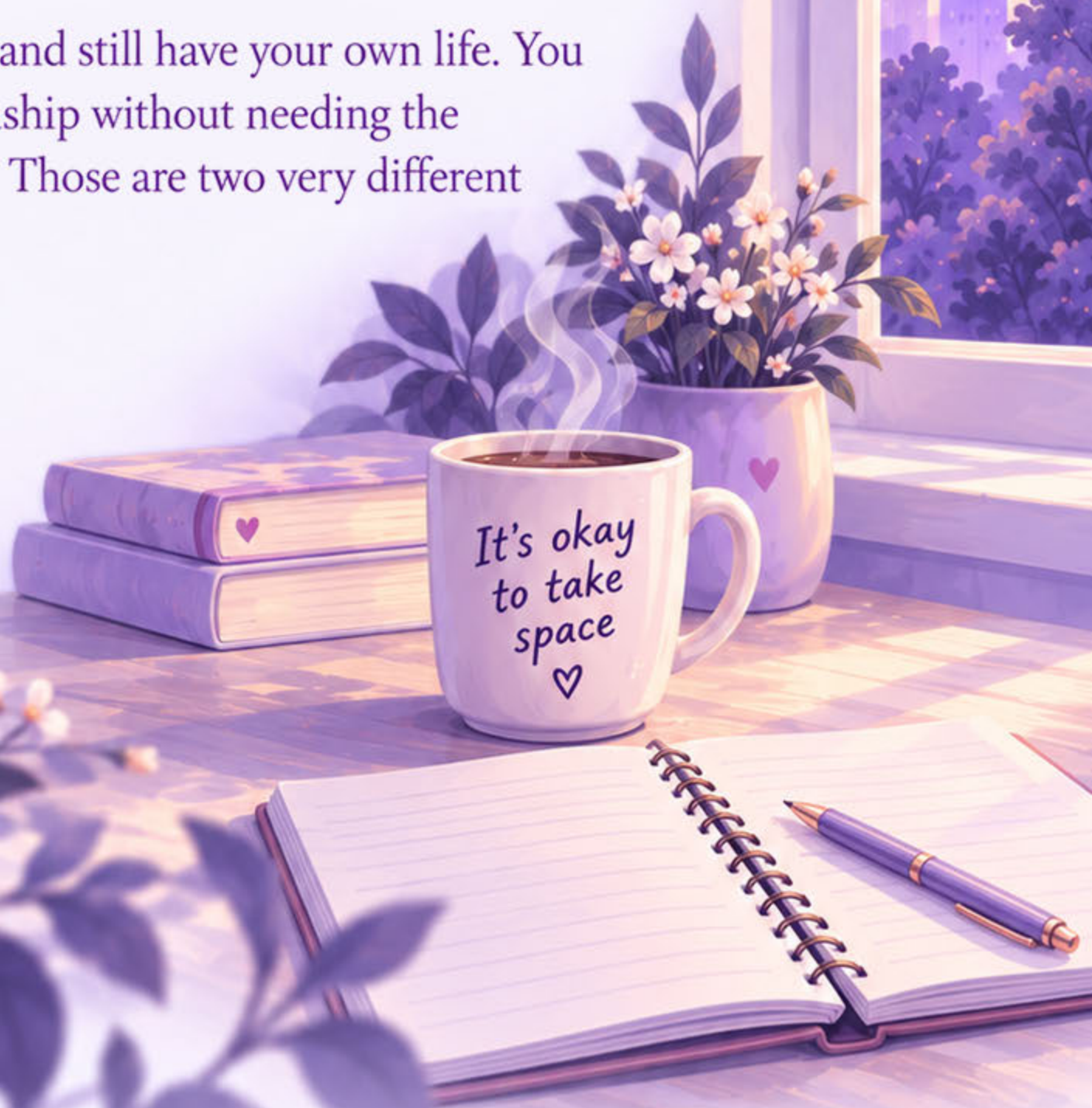




Do Not Give Up Your Independence to Keep Him Calm

This one is really important because the wound may actually get louder when you start becoming healthier. You stop chasing. You see friends again. You focus on yourself. You become less dependent on whether he is in a good mood. He may notice that. He may even react more at first because the old pattern is changing. That does not mean your independence is the problem. Please do not make yourself small and dependent again just because your growth makes him uncomfortable.

You can love someone and still have your own life. You can choose the relationship without needing the relationship to survive. Those are two very different things.





Fear Does Not Give Him Control Over You

And just like with every other wound, there is a line. A very clear one. If fear of losing you turns into checking your phone, tracking you, stopping you from seeing people, threatening you, or trying to control your independence, I would not explain that away as “just his abandonment wound.”

The wound may help you understand where the reaction comes from. It does not make everything that comes after it okay.

“You can reassure him that you are staying without proving that you are incapable of leaving.”



A Patch Is a Tool – It Is Not Your Job

Patching is a tool. It is not self-abandonment. You do not apologize for things you did not do. You do not rewrite reality. You do not owe intimacy you do not want. You do not become permanently soft, sweet, quiet, agreeable, or easy just to keep the peace. Patch the wound. Do not patch cruelty. If the behavior crosses your line, use your boundary. If there is danger, this entire patch system stops. Safety comes first.





One More Thing

If you notice yourself patching from fear, stop. Check your line. A patch you choose freely is a tool. A patch you feel forced to perform because you are scared he will explode is a completely different situation. That is where stronger boundaries or safety may matter more.

And Intimacy Has a Very Clear Line

Intimacy only works as a patch if you genuinely want it too. Never use sex or intimacy because you are scared, pressured, obligated, or simply trying to calm him down. If you do not want it, it is not a patch. The answer is no.

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.

