

THE COVER UP

We have already talked about the three pieces underneath this: the Wound is the deep sensitivity underneath everything. The Trigger is what scratches it open. The Patch is what you can use to calm that activated wound back down.

I put The **Cover Up** last on purpose. Even though it shows up earlier in the actual Wave, I wanted you to understand what is underneath first. Otherwise, The Cover Up can look like a bunch of completely random problems coming at you from every direction.



*THE COVER UP IS WHAT YOU SEE.
THE WOUND IS WHAT IS ACTUALLY HURTING.*

The Cover Up is everything that shows up on the outside after the wound gets activated. And this is where so many women get completely lost, because the outside can look incredibly convincing.



THE COVER UP CAN WEAR A LOT OF DIFFERENT COSTUMES

Most of the time, the easiest version to spot is the complaint. The little dig. The criticism. The random problem that suddenly becomes very important. But please do not get stuck thinking The Cover Up always has to sound like a complaint, because it absolutely does not.

It can look like criticism, little stabs, sarcasm, picking a fight, nitpicking, becoming cold, rejecting you, pulling away, silence, moodiness, acting annoyed by everything you do, suddenly needing control, or acting like he could not care less.



Sometimes it is loud.
Sometimes it is so quiet
that nobody else in the room
would even notice it. You just
walk in and think, Oh. Great.
Something is off.

The form can change
from Wave to Wave.
The wound underneath
can still be exactly
the same.

Because it can show up
in so many different forms,
I want you to learn a few
clues that tell you: stop
staring at the surface.
There may be something
underneath this.



FOUR CLUES YOU ARE PROBABLY LOOKING AT A COVER UP

I promise, you do not need a PhD in this. I want you to be able to recognize it fast. These are the clues I would watch for:

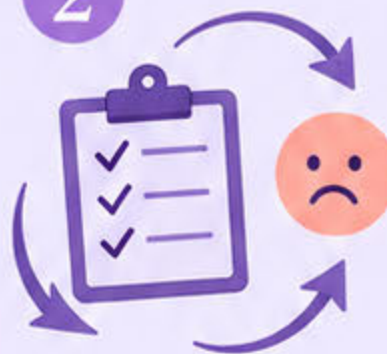


1



The reaction is way too big for the actual problem. A normal inconvenience suddenly carries the emotional force of a national emergency.

2



You fix the problem and nothing actually gets better. You solve the thing he complained about, and another problem takes its place almost immediately.

3



The topic keeps changing. Dinner becomes your tone. Your tone becomes your phone. Your phone becomes your mother. Your mother somehow becomes the vacation from 2023. At that point, please stop pretending you are still discussing dinner.

4



Something already felt off before the “problem” even happened. The mood was there first. The complaint came second.



*THE EARLIER YOU SEE “THIS IS THE COVER UP,”
THE EARLIER YOU CAN STOP CHASING IT.*

That is the whole power here. You are not ignoring reality. You are stopping yourself from treating every single surface issue like a brand-new emergency.



THE MOST COMMON VERSION: COMPLAINTS, DIGS, AND LITTLE ATTACKS

Before I understood this, I treated every complaint like a brand-new assignment. If the kitchen was messy, I cleaned the kitchen. If dinner was wrong, I fixed dinner. If he hated my tone, I changed my tone. If I had been on my phone too much, I put my phone away.

And then somehow there was another problem waiting for me five minutes later.

At some point you are standing there thinking, What do you actually want from me?

That question is usually your first clue that you may be fighting The Cover Up instead of the actual wound.



THE MOVING GOALPOST

This used to make me feel completely crazy because I genuinely believed that if I just fixed whatever he was upset about, everything would calm down.

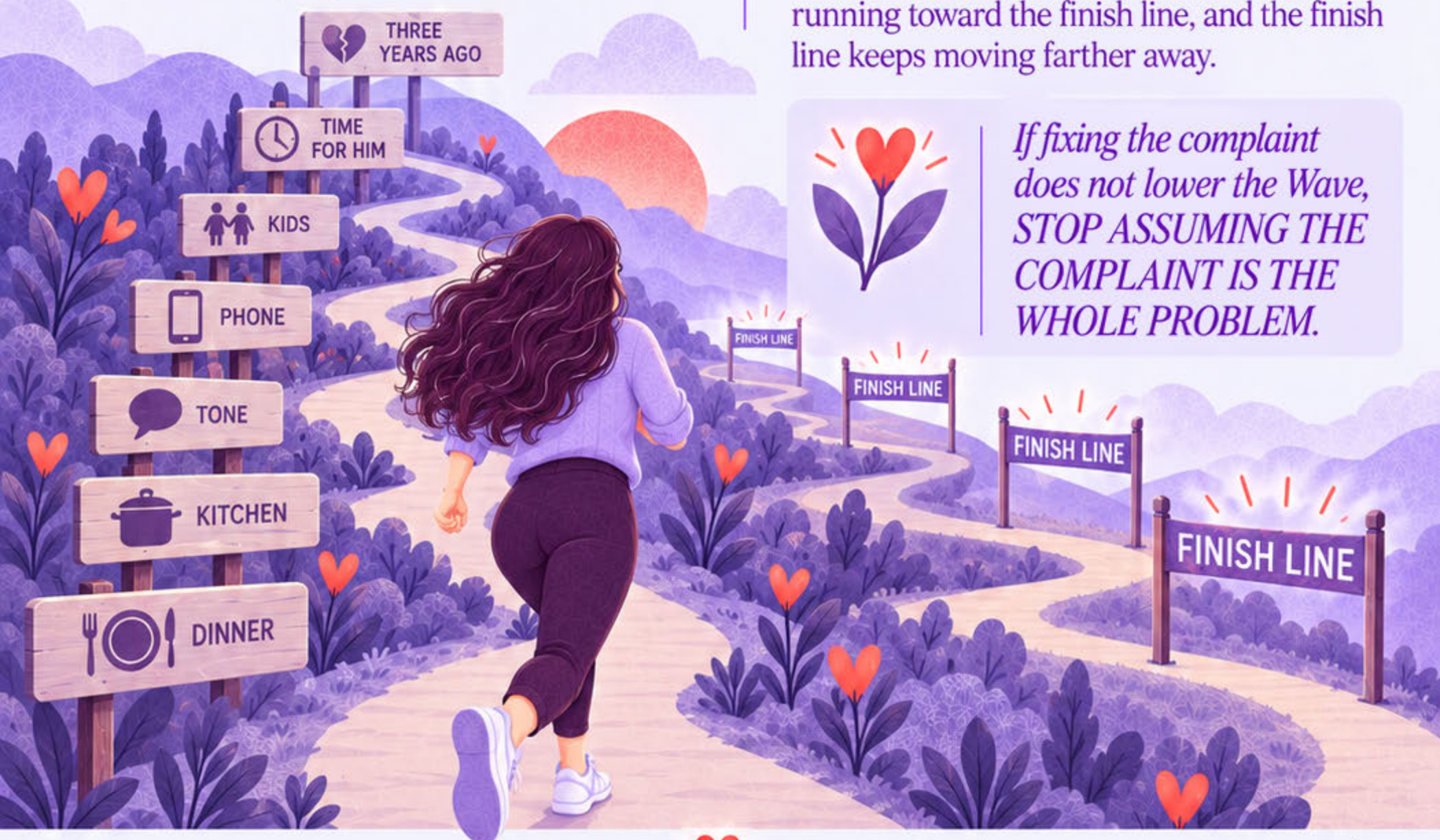
So I fixed it. Then there was another problem. I fixed that one too. Then another one showed up right behind it.

First it is dinner. Then the kitchen. Then your tone. Then your phone. Then the kids. Then how you never make enough time for him. Then suddenly you are discussing something from three years ago and have absolutely no idea how the hell you got there.

That is the moving goalpost. You keep running toward the finish line, and the finish line keeps moving farther away.



If fixing the complaint does not lower the Wave, STOP ASSUMING THE COMPLAINT IS THE WHOLE PROBLEM.



And I want to be fair here. The complaint can still have truth in it. Maybe the kitchen really is messy. Maybe you were short with him. Maybe you forgot something. Maybe you were on your phone too much.

The Cover Up does not mean every complaint is fake. It means the complaint may not explain the intensity.



*A normal messy kitchen is, "Can we clean this later?"
A Cover Up kitchen can somehow turn into you being lazy, selfish, disrespectful, a terrible wife, and twenty minutes later you are defending your entire personality.*

That is when I want you to think: Okay. This is probably not only about the kitchen.

*A
small
problem.*

*LAZY
SELFISH
DISRESPECTFUL
A TERRIBLE WIFE
YOUR ENTIRE
PERSONALITY*



HE HURTS YOU BECAUSE HE IS HURT

This was another huge realization for me: sometimes he is hurt, and instead of being able to say what actually hurts, he hurts you. The feeling gets pushed outward, and you become the easiest place for it to land.

He may not even fully know what he needs in that moment. He just knows that something inside him hurts.

And sometimes the conversation stops feeling like “let us solve this” and starts feeling like “I hurt, so now you are going to hurt too.” That does not mean it is always calculated. It means the hurt is now coming at you.

That is where the little stabs can get nasty, because he knows you. Of course he knows you. He knows what you care about. He knows where you are confident and where you are sensitive.

Maybe he says something about your body and it does absolutely nothing because you know you look great. Fine. That one missed.

Then he says something about you being a bad mother.

Boom. That one landed.

Now you are defending yourself. Explaining everything you do for your kids. Getting emotional. And suddenly you have been pulled right into his Wave.



For you it may not be motherhood. It may be your work, intelligence, family, body, money, sex, friendships, your house, or something completely different. The point is not the exact topic. The point is that sometimes one little stab misses, another one comes, and eventually something hits.

I am not saying he is always sitting there with some evil master plan. A lot of this can be automatic.

But automatic does not mean harmless.



AND SOMETIMES THERE IS NO COMPLAINT AT ALL

This is the part I really want you to remember, because otherwise you are going to miss half of The Cover Up.

Maybe the wound is rejection or feeling unimportant. You have been busy for a few days. Work, kids, life. Nothing dramatic. You just have not given him much attention.

You notice he is quieter than usual, so you kiss him. He barely responds. You ask what is wrong. "Nothing." You sit next to him and he gets up. You suggest doing something later. "No, I am good."

There is no kitchen. No phone complaint. No list of things you did wrong. But The Cover Up is still sitting right in front of you.

Underneath, he may feel rejected or unimportant. On the outside, he rejects you back.

Sometimes The Cover Up is not a complaint. Sometimes it is the punishment you can feel but nobody is saying out loud.

It can be coldness. Withdrawal. Silence. Rejecting you. Acting detached. Sarcasm. Suddenly sleeping somewhere else. Being "fine" in that very special way where you know perfectly well that nothing is actually fine.



*Different costume. Same idea.
What you see on the outside is not necessarily
the actual wound underneath.*



DO NOT GET LOST IN THE COVER UP

This is the part where I almost want to shake you a little, because it is that important.



*STOP FIXING THE SMOKE
AND WONDERING WHY
THE HOUSE IS STILL ON FIRE.*

If he says something real, look at it. If you were wrong, own it. If something genuinely needs to change, change it.

But then WATCH WHAT HAPPENS.

You fixed the thing. Did the Wave come down? Or did another complaint immediately jump into its place? And then another one? And then another one?

If that keeps happening, stop running. Seriously. Stop.



You can spend the next three hours cleaning, defending yourself, apologizing, explaining, reassuring, proving, chasing, and trying harder and harder while the actual wound underneath is sitting there completely untouched.

That is how you make yourself crazy.

See The Cover Up. Then look underneath it. What happened before this started?

What wound does this actually look like? Shame? Rejection? Jealousy? Loss of control? Failure? Status? Fear of abandonment?

You do not need to answer perfectly. You need to stop letting the newest complaint hijack your brain every thirty seconds.



*The Cover Up wants
your attention. The wound
needs your understanding.*



UNDERSTANDING THE COVER UP DOES NOT MEAN ACCEPTING BAD BEHAVIOR

I need to say this clearly because I do not want this turning into, “Well, now I understand why he says horrible things, so I guess I just have to take it.”



NO.

Understanding something and accepting everything are two completely different things.

You can understand that the wound underneath may be rejection and still refuse to be insulted. You can understand that shame may be underneath the attack and still walk away from cruelty. You can understand the reason and still keep your boundary.

The point of understanding The Cover Up is not to give him an excuse. It is to stop YOU from getting completely lost in whatever is happening on the surface.



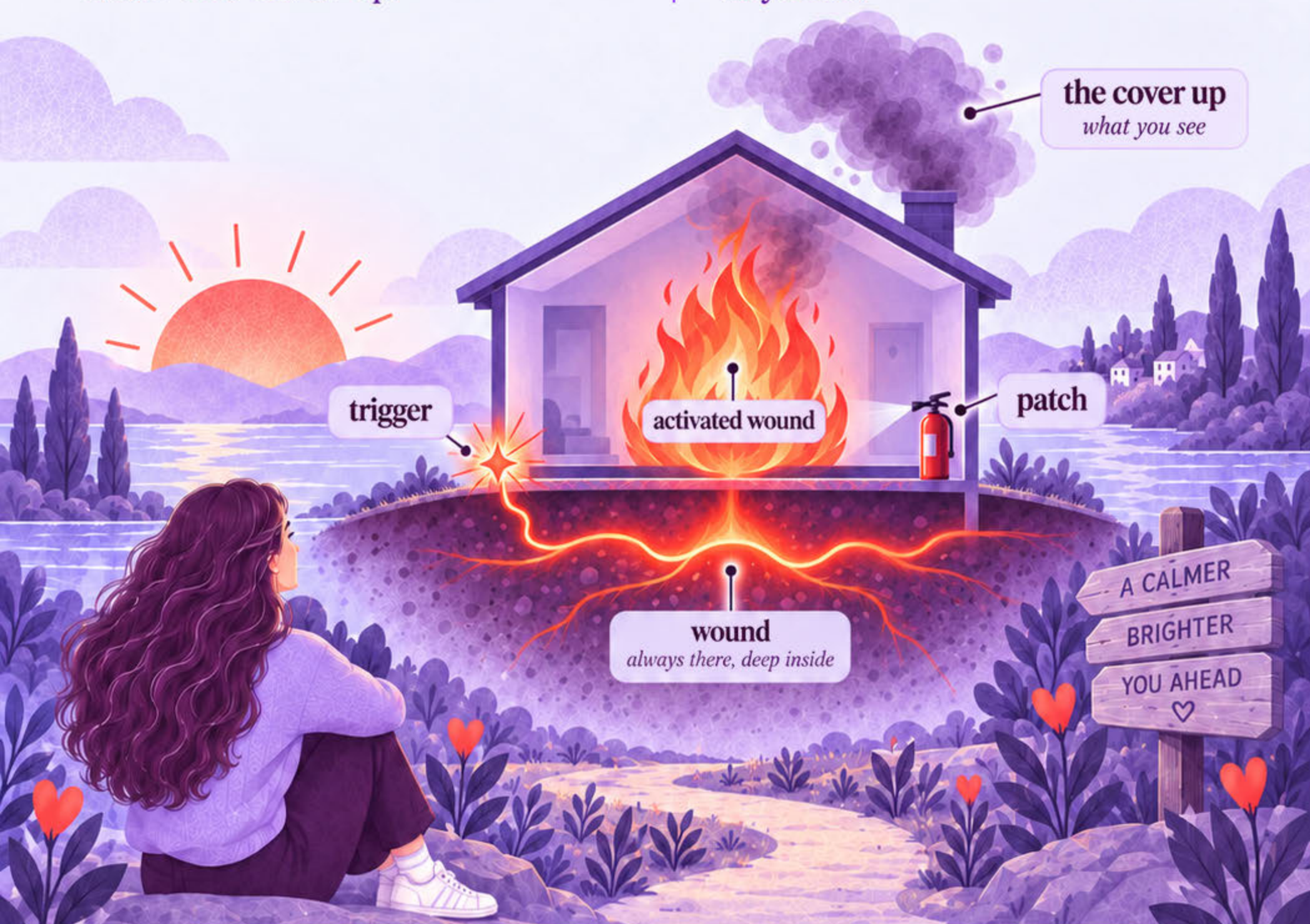
You stop treating every complaint like a new emergency. You stop thinking every cold mood means the relationship is falling apart. You stop trying to fix twenty different things when there may actually be one wound underneath all of them.



NOW YOU HAVE THE WHOLE PICTURE

You know the Wave. You know the Wound. You know the Trigger. You know the Patch. And now you know The Cover Up.

So when the smoke starts pouring out of the house, you do not stand there arguing with the smoke anymore.



trigger

activated wound

patch

the cover up
what you see

wound

always there, deep inside



**SEE IT. DO NOT CHASE IT.
LOOK UNDERNEATH IT.**

That is the shift. And once you really get this, the whole thing starts making a lot more sense.

