

TIMING IS ESSENTIAL

THINGS TO BE MINDFUL OF BEFORE INITIATING A TOUGH CONVERSATION WITH YOUR MAN

His Physicality

Is he in pain? Has he eaten? Does he need rest? If so, this is the time to be nurturing and show concern for his well-being. This is not the time to initiate tough conversation.

His Focus

Notice when his concentration is on something else. When he is deep in thought, on an important phone call, or trying to be productive, it's best to be considerate and allow him space and time to complete his tasks and thoughts before presenting him with more problems.

His Mood

Can you tell that he isn't in a good mood? If he is already visibly upset, you should show compassion and affection, or give him space. To steal from his peace even more with a tough conversation is a demonstration of insensitivity and selfishness.

Recent Events

Take into account any recent events that might affect his psyche. Has he received bad news about a loved one recently? Did one of his plans not fall through the way he'd hoped? Did he just miss out on a big opportunity? If so, this is the time to be supportive.

His Requests

Before you initiate conversation to express how you feel, ask yourself if you've put any effort towards the areas he's expressed concern. Wanting him to hear you out when you've done nothing about the things he's expressed to you, is a display of entitlement.

Your Cycle

If you know you have unpredictable mood swings during the follicular phase of your cycle, wait until menstruation begins to have the conversation. In the meantime, write down what it is you want to express, then go back and read it when you're in better spirits.