



Mind Calm Therapies
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Reflection & Support Worksheet for the Man in Her Life

1. Understanding Her World

What have I noticed about how her moods and energy shift at different times?

2. Communication and Connection

When she's upset or withdrawn, how can I respond with empathy rather than problem-solving?

3. Providing Emotional Safety

How can I show her that her feelings are valid, even if I don't fully understand them?

4. Supporting During Stress

When she's stressed, does she prefer space or closeness? How can I respect that?

5. Appreciating Her Strengths

What qualities do I most admire in her that I may forget to acknowledge?

6. Navigating Change Together

How can we talk openly about changes (hormonal, emotional, life-stage) without blame or embarrassment?

7. Mutual Support

What do I need from her, and how can I ask for it clearly and calmly?

8. Shared Growth

What could we do together to strengthen connection — even small daily actions?

For more details and insights, you can purchase the book here: <https://amzn.to/430ve0c>