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Reflection & Support Worksheet

Inspired by The Male Brain by Louann Brizendine, MD

This worksheet helps you reflect on how your partner's biological and emotional wiring may influence communication, connection, and daily life — and how you can express your needs clearly and calmly.

1. When I Felt Misunderstood

Think of a recent moment when you felt unheard, dismissed, or emotionally disconnected. What was happening at the time?

2. Understanding His Response

Could his reaction relate to the “fix-it” instinct, emotional withdrawal, or a focus on solutions rather than feelings?

What might his intention have been beneath the behaviour?

3. What I Need Most

When I feel unsupported, what do I truly need — comfort, attention, appreciation, or simply to be heard?

List one or two needs that matter most right now.

4. How I Can Ask for It

How can I phrase my needs so he understands them without feeling criticised?

Try using gentle, direct language such as: “I’d really like a few minutes just to talk, not fix things.”

5. Choosing the Right Moment

When is he most open, calm, or receptive — for example, during a walk, after dinner, or while driving?

Identify a good time or setting to connect.

6. Staying Patient and Grounded

If he withdraws, jokes, or doesn't respond as hoped, how can I stay calm and revisit the topic later? Write one strategy that helps you stay balanced.

7. My Commitment

What one small change can I make this week to encourage mutual understanding?

👉 Read the full book for deeper insights: [The Male Brain by Louann Brizendine, MD](#)