

WAYS TO INTRODUCE THE BOOK (WITHOUT A BLOW-UP) — ONE-PAGE GUIDE

Purpose

Invite him into change without blame or shaming. The goal is safety, respect, and progress — not winning an argument. If you feel unsafe, pause and seek local resources first.

Quick safety note

If you're in immediate danger, call 911. U.S. resources: National Domestic Violence Hotline 1-800-799-SAFE (7233) • 988 Suicide & Crisis Lifeline.

When to bring it up

Choose a calm window (no one is rushing, hungry, or already heated). Use a neutral tone. Ask for 10 minutes — and honor the time limit.

APPROACH 1 — “Us-first” framing

Script: “I want us to feel safer together. I found a short book with practical tools. Would you try this with me — one chapter at a time and a 10-minute talk after?”

APPROACH 2 — 7-day experiment

Script: “Could we test this for one week? We’ll try one small tool each day from the book. If it doesn’t help, we can stop — no pressure.”

APPROACH 3 — Ownership + boundaries

Script: “I love you, and I’m not okay with yelling. I’m going to use the pause/grounding tools in this book. If voices rise, I’ll take a 20-minute break and come back to talk. Will you read this with me?”

APPROACH 4 — Gift it (low pressure)

Script + delivery: “I got this for us — no obligation. If any part feels off, tell me. I’m open to trying what actually helps us feel safe.” (Leave the book with a sticky note, not a lecture.)

If he says “I don’t need this”

Keep it short: “Okay. I hear you. I’m still going to work on my part. If you change your mind, I’d love to try this together.” Don’t pursue or argue in the moment.

Boundaries to say out loud

- “I won’t argue while we’re heated. Let’s pause and reset.”
- “I’m leaving for 20 minutes to cool off; then I’m ready to talk.”
- “I’m safe with you when your voice is calm.”

