

Get Him Talking

To stop doing things that don't work (and start doing things that do work), answer the following questions:

1. Describe a time when you noticed you wished he communicated more with you. Focus on your own feelings here. Be specific with the date and time, if possible.
2. What did you do in response to those feelings? What did you say?
3. What did he do or say in response to whatever you did?
4. Is that the response you were hoping for? If not, what were you hoping for?