

HOW TO WIN HER BACK — MODULE 1
UNDERSTAND WHAT SHE LOST

Before You Can Win Her Back, You Must Know What She Stopped Believing

TOOL 1 — What She Lost

PART 1 — WHAT SHE STOPPED BELIEVING

Do not guess. Think. Answer each question with honesty and specificity.

1. What do you believe she stopped trusting about you specifically? Not in general — name it.

2. When did you first notice her pulling away? What was happening in your marriage at that time?

3. What has she tried to tell you — directly or indirectly — that you dismissed or minimized?

4. What does she need to believe about you again before she can come back? Be specific. One sentence.

PART 2 — THE PATTERN BEHIND THE INCIDENT

She is not grieving the incident. She is grieving the pattern the incident confirmed.

5. What recurring pattern does the incident represent? What has she seen in you again and again?

6. How long has this pattern been present in your marriage? When did it start?

7. What has that pattern cost her emotionally over time? Describe her experience — not yours.

PART 3 — HER SILENCE

She is not punishing you with silence. She is protecting herself from another disappointment.

8. What do you think her silence is actually communicating? Write what you believe she is feeling but not saying.

9. What have you done in response to her silence that may have made things worse?

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PART 4 — SELF-ASSESSMENT

Rate yourself honestly. 1 = Never true. 5 = Consistently true.

STATEMENT	1	2	3	4	5
I can name specifically what she stopped believing about me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand the pattern behind the incident — not just the incident itself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have listened more than I have explained in this crisis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have genuinely considered her emotional experience, not just mine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know the difference between her punishing me and her protecting herself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am ready to understand before I am understood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TOTAL: _____ / 30 24–30 = Ready to begin 15–23 = Go back to Part 1 Below 15 = You are not yet listening

PART 5 — THE ONE HONEST SENTENCE

Before you do anything else, complete this sentence. Write it. Say it out loud. Mean it.

What I now understand she lost that I never acknowledged before is:

BEFORE YOU PURSUE HER, UNDERSTAND HER.

I commit to understanding what she lost before I ask for anything in return. I will not pursue what I want until I have genuinely seen what she has been carrying.

Signature _____

Date _____