

How to Get Him to Hear You Without Starting a Fight

Companion Guide



Your Guide to Mastering the 3 Secrets
for Better Communication

By Jenn Noble, ACC

HEY THERE!



Hi, I'm Jenn Noble, your go-to relationship coach and trusted guide on this transformative journey toward deeper connection, authentic communication, and emotional well-being. I'm so excited to walk alongside you as you explore the powerful tools and insights that will help reboot your communication and create the kind of relationships you truly deserve

This workbook is designed to complement the workshop, giving you a practical guide to apply what you've learned, reflect on your experiences, and take actionable steps toward healthier, more fulfilling connections. Whether you're here to strengthen your current relationship or prepare for one in the future, this is your space to grow, explore, and thrive.

Let's get started on this empowering journey together. I'm cheering you on every step of the way!

Jenn Noble





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Set Your Communication Goals

Start by reflecting on the current state of your relationship and what you'd like to improve. Identify one key goal to focus on as you move through the workbook.

Regulate Your Emotions

Discover how to calm your emotions before communicating. Includes grounding techniques, exercises, and real-life scenarios.

Validate Their Perspective

Learn how to acknowledge your partner's feelings without losing your own. Practice validation phrases, empathy exercises, and reframing tools.

Collaborate for Solutions

Move from conflict to collaboration by focusing on solutions, not problems. Use guided prompts and action plans to approach challenges as a team.

Reflection & Next Steps

Take time to review what you've learned, celebrate progress, and create a plan to continue improving your communication skills.



SET YOUR COMMUNICATION GOALS

INSTRUCTION:

Take a moment to reflect on what you truly want to experience and achieve in your relationship. Use this page to set meaningful goals that align with how you want to feel, communicate, and connect with your partner.

GOALS:

Goals are like guiding stars—they help us move toward the connection and fulfillment we crave in our relationships. They aren't about perfection or urgency but about taking consistent, intentional steps toward what matters most. On the next page, we'll set some SMART goals to guide you through the week ahead. These might include improving communication, deepening connection, or creating more balance in your relationship. Let's map out goals that feel meaningful and achievable for where you are right now.

Notes From Workshop:

"Remember, every step, no matter its size, is a beautiful progression toward your desires."



SMART GOALS MAPPING

Clear and actionable goals are your stepping stones toward relationship growth.

Let's create goals that are SMART:

S	Specific: Clear and concise. <div></div>
M	Measurable: Quantifiable to track progress. <div></div>
A	Achievable: Attainable to remain motivating. <div></div>
R	Relevant: Aligned with your larger wellness vision. <div></div>
T	Time-bound: Encased within a timeframe. <div></div>

"Sketch your goals with kindness, remembering that they are fluid and can adapt to your journey's needs."



REGULATE BEFORE YOU COMMUNICATE

Before diving into any conversation, the first step is to regulate before you communicate. Why? Because when your emotions are high, your brain isn't in "problem-solving mode"—it's in survival mode. You can't think clearly, let alone communicate effectively.

When you regulate your emotions, you calm your brain, reactivate your rational thinking, and show up to the conversation ready to connect instead of conflict.

Notes From Workshop:



THE RAISE METHOD

R – REMOVE YOURSELF:

Sometimes, the best thing you can do is step away for a moment to reset.

A – ANCHOR YOURSELF:

Ground yourself with a calming practice to bring your nervous system back to baseline.

I – IDENTIFY THE EMOTION:

Name the emotion you're feeling. By labeling it, you take the first step to understanding it.

S – STORIES YOU'RE TELLING YOURSELF:

Challenge the story your brain might be creating about the situation.

E – EQUILIBRATE YOUR THOUGHTS:

Reframe extreme or negative thoughts into compassionate and logical ones.



JOURNAL PROMPTS

Regulate Before You Communicate

THINK BACK TO A RECENT ARGUMENT OR TOUGH CONVERSATION. WHAT **EMOTIONS** WERE YOU FEELING IN THE MOMENT, AND HOW DID YOUR BODY REACT?

WHAT GROUNDING TECHNIQUE (LIKE DEEP BREATHING, STEPPING AWAY, OR NAMING YOUR EMOTIONS) COULD YOU USE NEXT TIME TO **CALM** YOURSELF BEFORE RESPONDING?



VALIDATE THEIR PERSPECTIVE

Validation is about creating emotional safety and trust in your conversations. It's recognizing and acknowledging someone's feelings and perspective, even if you don't fully agree. Validation isn't about saying, "You're right." It's about saying, "I see you, and your feelings are valid."

WHAT VALIDATION IS NOT:

Agreeing with everything

Fixing the problem immediately

Ignoring your own needs

Dismissing their emotions

Invalidating your experience

WHAT VALIDATION IS:

Acknowledging their feelings

Creating emotional safety

Practice gratitude

Saying "I hear you"

Seeking to understand

Notes From Workshop:

"Validation is the bridge between understanding and connection—it's not about agreeing, but about truly hearing."



SEEING THEIR PERSPECTIVE

The 6 and 9 Analogy



When we're in a heated conversation, it's easy to forget that perspective is everything. What you see as a "6," someone else might see as a "9." Both of you are looking at the same thing but from completely different angles—and neither of you is wrong.

Notes From Workshop:



JOURNAL PROMPTS

Validate Their Perspective

THINK OF A RECENT DISAGREEMENT OR MISUNDERSTANDING. WHAT WAS YOUR "6," AND WHAT MIGHT THEIR "9" HAVE BEEN? HOW COULD SEEING THEIR **PERSPECTIVE** HAVE CHANGED THE CONVERSATION?

WRITE DOWN ONE WAY YOU CAN **VALIDATE** SOMEONE'S PERSPECTIVE THIS WEEK, EVEN IF YOU DON'T FULLY AGREE WITH THEM. HOW MIGHT THIS IMPACT YOUR RELATIONSHIP?



COLLABORATE FOR CONNECTION

Working Towards a Solution, Not Against a Problem

Collaboration is the final step in rebooting your communication and creating deeper connection. Once you've regulated your emotions and validated your partner's perspective, collaboration shifts the focus to working together toward solutions instead of getting stuck in the problem.

Here's where it's easy to go wrong: even when you approach conversations calmly and with understanding, focusing on the problem—what went wrong, who's to blame—can trigger defensiveness or shutdowns. Statements like, “You never help around the house,” keep the conversation stuck in conflict.

Instead, collaboration is about working with your partner to find solutions. Shift your mindset from “What's wrong?” to “What can we do together to make this better?” For example, try saying, “I feel so much relief when the dishes are done before bed. Can we make a quick plan to tackle that tonight?”

This subtle shift moves the focus from the problem to the solution. And as a bonus, collaboration releases oxytocin, the bonding hormone, strengthening trust and emotional safety. By working together, you're not just solving issues—you're rebooting your relationship dynamic.

Notes From Workshop:



SAY THIS, NOT THAT

Solution-Focused Collaboration

SAY THIS

- ✓ "I feel so much relief when the dishes are done before bed. Could you take care of them tonight?"
- ✓ "It really helps me plan the evening when you let me know if you're running late. Could you text me next time?"
- ✓ "I feel connected when we text during the day. Can we both try to make that a priority?"
- ✓ "I'd really appreciate it if we could talk more about what's been on my mind. It helps me feel supported."
- ✓ "I feel more heard when I can finish my thoughts. Can we both take turns listening first?"

NOT THAT

- ✗ "I feel like you never support me around the house."
- ✗ "You always leave me hanging when you're late."
- ✗ "Why do you never text me back? Do you even care about me?"
- ✗ "You never ask me questions, it's like don't care about what's going on with me."
- ✗ "You're always cutting me off!"

"Collaboration is not about winning or losing; it's about finding a way forward together."



JOURNAL PROMPTS

Collaborate for Connection

THINK OF A RECENT DISAGREEMENT. WHAT WAS YOUR PERSPECTIVE, AND WHAT MIGHT THEIR PERSPECTIVE HAVE BEEN? HOW COULD **COLLABORATING** ON A SOLUTION HAVE CHANGED THE OUTCOME?

REFLECT ON A TIME WHEN YOU FELT STUCK IN A **PROBLEM** WITH YOUR PARTNER. WHAT'S ONE THING YOU COULD DO DIFFERENTLY TO FOCUS ON **SOLUTIONS** INSTEAD?



EXTRA NOTES

Your Thoughts, Insights, and Aha Moments
Keep Them Here!



WORKSHOP REFLECTIONS

BIGGEST TAKEAWAY

What's one lesson or insight that stood out to you the most from this workbook?

NEW PERSPECTIVES

How has your understanding of your partner's perspective or your own communication habits shifted?

SMALL WINS

What's one change you've already started to notice in your communication or connection?

NEXT STEP FORWARD

What's one action you're excited to take to continue rebooting your relationship?



NEXT STEPS

Every small step brings you closer to the connection you deserve.

1. CELEBRATE YOUR PROGRESS

Take a moment to acknowledge the effort you've put into this workbook. Every small step adds up to meaningful change. Reflect on how far you've already come!

2. APPLY WHAT YOU'VE LEARNED

Start practicing the tools and techniques you've explored here. Whether it's using the RAISE method, validating your partner, or inviting collaboration, choose one area to focus on this week.

3. BOOK YOUR ATTACHMENT ASSESSMENT CALL

If you're ready to dive deeper and get personalized support, schedule your free Attachment Assessment Call today. This call will help you gain clarity on your unique challenges and explore how the Relationship Reboot Program can guide you toward the connection you deserve. >> [CLICK HERE TO SCHEDULE](#) <<

4. JOIN THE COMMUNITY

Surround yourself with other women who are on a similar journey. Join our private Facebook community for ongoing support, encouragement, and growth. Together, we can create lasting change. facebook.com/groups/speakhonest

5. STAY CONNECTED

Follow me on social media for regular tips, insights, and encouragement as you continue to reboot your relationships and build the connection you desire.

Instagram >> instagram.com/speak_honest

Facebook >> facebook.com/speakhonestcoaching



ATTACHMENT ASSESSMENT

More Information



Building healthier relationships is a journey, not a destination. Be patient with yourself and your partner as you navigate these changes. Every step you take towards understanding and improving your attachment style is a step towards a more fulfilling and connected relationship. Thank you for participating in this workshop, and I look forward to supporting you on your path to transformation.

Name of Call: **ATTACHMENT ASSESSMENT**

Purpose: Gain clarity, identify barriers, and uncover steps for deeper relationship connection.

Benefit: Personalized guidance to start your journey towards healthier connections

"A coach helps you see what you can't, unlocking your greatest potential."



Let's Stay Connected

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