

# FREE GUIDE

“WALKING ON EGGSHELLS”

3 Scripts

To Start Calm, Honest  
Conversations

For people who feel distant and  
want more ease and real connection  
in their relationship.

## Walking on Eggshells in Your Own Home? You're Not Alone.

If you're reading this, there's a good chance you're tired of feeling like you're walking on eggshells in your own relationship.

Maybe you:

- Avoid certain topics because you don't want to start a fight
- Feel your partner pull away or shut down when things get tense
- Look "fine" from the outside, but inside you feel distant, flat, or lonely

You might be thinking:

- "I don't want to fight, but I can't keep pretending everything is okay."
- "I don't know how to bring this up without making it worse."
- "We're more like roommates than partners, and I miss us."

You're not broken, and neither is your relationship.

What's often missing are safe, simple ways to start honest conversations without blame, pressure, or drama.

This guide gives you 3 gentle scripts you can start using right away to:

- Put words to what you're feeling, without attacking
- Invite your partner into calmer, more open dialogue
- Take the first small step from disconnection toward closeness

These aren't magic sentences. They're starting points you can adapt to sound like you, and use to create just a little more honesty, safety, and connection.

As you read, notice which script feels most like your situation. Try one this week and pay attention not only to your partner's response, but also how you feel when you show up in a new way.

## How to Use These Scripts

A few things that will make these scripts more effective:

- Timing matters
- Don't introduce them in the middle of a heated moment. Choose a calmer time when you both have some capacity.
- Tone matters
- Soften your voice, slow down a little, and stay curious rather than trying to "win" or prove a point.
- Imperfection is okay
- You don't have to say the words perfectly. It's the intention and the energy behind them that counts.
- Focus on your side of the street
- Speak from "I notice / I feel / I would like" rather than "You always / You never."

Now, let's get into the scripts.

## **Script 1: When You Feel Tense or On Edge**

### **Naming the Eggshells**

Use this when you notice yourself feeling tense, guarded, or careful with every word, and you want to open a conversation without starting a fight.

### **Script**

“Hey, I’m noticing I’ve been feeling really tense and kind of walking on eggshells around us. I don’t want to start a fight, and I also don’t want to keep this all inside. Would you be open to a calm conversation about what’s been going on for me and for us?”

If they say “not now,” you can add:

“Okay, that’s fair. When might be a better time? It’s important to me that we talk about this.”

### **Tips for Using This Script**

- Choose a relatively neutral moment. NOT mid-argument.
- Keep your body language open: softer shoulders, eye contact if possible.
- Stay with your feelings and experience, rather than listing all the things they’ve done “wrong.”

## **Script 2: When They Shut Down or Pull Away**

### **Reaching Toward Withdrawal**

Use this when your partner goes quiet, shuts down, or seems to “check out” during or after tension.

#### **Script**

“I’m noticing you’re pulling back/shutting down right now. I want you to know I’m not here to attack or blame you. I care about you and about us, and I’d really like to understand what’s happening for you when you pull away. When you’re ready, I’d love to talk about it—even if it’s just for a few minutes.”

If they stay withdrawn, you can gently add:

“I’ll give you some space for now, and I want you to know the door is open. When you have the capacity, I’d really appreciate coming back to this, because our relationship matters to me.”

#### **Tips for Using This Script**

- Avoid “You always...” or “You never.” It almost always makes shutdown worse.
- Reflect what you see (“I’m noticing...”) and what you want (“I’d really like to understand...”).
- Expect it to feel a bit awkward at first. New patterns often do.

## **Script 3: When You Want to Reconnect After Distance**

### **Taking a First Step Back Toward Each Other**

Use this when things have felt off or distant for a while and you want to take a gentle first step toward closeness again.

#### **Script**

“I’ve been feeling some distance between us lately, and I really miss feeling close to you. I know we’ve both had a lot going on, and I’m not here to blame either of us. I’d love to start finding our way back to each other. Would you be open to setting aside 20–30 minutes sometime this week just to talk and listen to each other... no fixing, no fighting, just understanding?”

If they hesitate, you can soften with:

“It doesn’t have to be a big heavy conversation. I’d just like some time where we’re really present with each other again. Even 15 minutes would mean a lot to me.”

#### **Tips for Using This Script**

- When the time comes, protect it: phones away, TV off, sit facing each other.
- Focus on sharing feelings and needs—not trying to solve everything in one talk.
- Small, consistent moments of this kind of connection matter more than one perfect conversation.

## Bringing It All Together

You've just taken an important step by looking at how you show up in your relationship and trying new language.

These scripts can:

- Help you speak up without attacking
- Soften shutdown patterns
- Create a little more safety and honesty between you

You don't have to get it perfect. Even trying one of these scripts is a powerful act of intention and self-respect.

If you recognize yourself in these patterns and want support applying this to your specific situation, I'd love to help.

## Invitation to Go Deeper

Want Help Moving From Disconnection to Closeness?

If you're tired of walking on eggshells or feeling distant at home, you don't have to figure this out alone.

I offer a free From Disconnection to Closeness Breakthrough Session for individuals in long-term relationships who are ready for more ease, safety, and connection.

In this 1:1 session, we will:

- Gently map the patterns creating distance in your relationship
- Bring more clarity and compassion to what's really going on
- Identify one or two concrete shifts you can start using right away

There's no pressure and no obligation. Just a chance to be heard, gain clarity, and explore what's possible.

Book your free session here: [Odettecoronel.com](https://odettecoronel.com)

*Odette Coronel*

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