

How To Become

Irresistible

to Your Husband Again

After Children

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WomanFirst Nigeria · Digital Guide

BONUS #1 · WOMANFIRST NIGERIA

The Reconnection Conversation Script

*Word-for-Word: How to Have the Talk
Without It Turning Into a Fight*

There is a conversation that would change most marriages overnight. Not a long conversation. Not a complicated one. A simple, honest conversation about what has been quietly missing.

Most women never have it — not because they don't want to, but because they don't know how to start it without it immediately becoming something else: a complaint, a fight, a list of grievances that puts their husband on the defensive.

This script exists for that reason. It is not manipulation. It is not a trick. It is simply the right words, in the right order, with the right framing — so that what you are trying to say reaches him the way you actually mean it.

Read this fully before using it. Then use it when you are ready.

PART ONE

Before You Begin

Three things must be true before this conversation works.

1. Your energy must be calm, not loaded

If you are angry, resentful, or have been rehearsing arguments in your head, wait. The words in this script are only as good as the energy behind them. A soft voice saying "I miss you" opens a man. A tight jaw saying "I miss you" puts him on guard. Choose a moment when you have had enough sleep, enough food, and enough quiet that you feel like a woman who wants to connect — not a woman who is finally saying what she has been holding.

2. Choose the right moment

The right moment is NOT when he just walked through the door from work, when the children are awake and nearby, when either of you is in the middle of something, when you have just finished an argument, or after he has had alcohol.

The right moment IS a quiet evening after the children are asleep, a weekend morning before the house gets busy, when you are both physically relaxed, and when there is no time pressure for at least 30 minutes.

3. Put your phones face down

Both of you. Before you begin. This signals: this matters.

PART TWO

The Opening

Start here. Say this — in your own voice, your own warmth, but with this meaning.

SAY THIS

"I want to talk to you about something. Not a problem — it's not a complaint. I just miss you. Not the idea of romance, I mean you specifically. And I want us to find our way back to each other."

Then stop. Do not add anything. Do not explain it further. Do not fill the silence.

Let him sit with it. Most men will need 5–10 seconds before they respond. That silence is not rejection. It is him recalibrating — because he was expecting logistics or criticism, and you just said something completely different.

Wait.

Why this opening works

Most disconnection conversations start with "I feel like we never..." or "You never..." or "I've been unhappy because..." These frame it as a complaint. A complaint triggers defence. Defence becomes a fight.

It names the emotion (missing him) **without blame**.

It names **him specifically** — not just romance or closeness in general.

It names what you want (to find your way back) — which is an **invitation**, not an accusation.

PART THREE

His Four Possible Responses

After your opening, he will respond in one of four ways. Here is what to say for each.

Response 1 — He Goes Quiet

What it looks like: He doesn't say much. He nods, or looks at you, or looks away. He seems to be processing.

What this means: He is taking it seriously. Do not interrupt the silence. Do not say "are you okay?" or "say something."

AFTER 20–30 SECONDS, SAY

"You don't have to say anything right now. I just needed you to know that I've been missing you. That's all."

Then let it rest. You do not need a full conversation tonight. Planting the seed is enough. Come back to it in a day or two — he will have been thinking about it.

Response 2 — He Becomes Defensive

What it looks like: "What does that mean? I'm right here." / "I work hard, I come home every day, what more do you need?"

What this means: He feels like he has failed you, and he is protecting himself. This is not aggression. It is vulnerability wearing armour.

DO NOT SAY:

"That's not what I meant" · "You're being defensive" · "See, this is why I can't talk to you."

SAY INSTEAD

"I'm not saying you're doing anything wrong. You haven't failed me. I'm saying I want to feel close to you again — and I think you might want that too. I'm not asking you to fix anything. I just wanted to tell you."

If he is still defensive, add: *"I love you. That's why I'm saying this. Not to start a fight."* Then leave it. The conversation has been opened. It does not need to be finished tonight.

Response 3 — He Dismisses It

What it looks like: "We're fine." / "You think too much." / "Everything is okay, what are you talking about?"

What this means: He is either genuinely not registering the distance — which is more common than you think — or he is uncomfortable with the depth of the conversation and retreating.

DO NOT SAY:

"No, we're not fine." · "You're not listening."

SAY INSTEAD

"Maybe. I just know I've been missing you and I wanted to say it out loud. You don't have to do anything with that."

Say it warmly. Smile if you can. Then let it go for now. This is not failure. You have said the thing. It has been heard — even if he is not ready to respond to it today.

Response 4 — He Opens Up

What it looks like: He becomes softer. He might say "I've felt that too" or "I didn't know how to say anything" — or, as happened with one woman who used this script, he cries.

What this means: He has been carrying the same distance and did not know how to address it. Your opening gave him permission.

SAY THIS

"I'm glad I said it then. I don't want us to keep being two people who are in the same house but not really together. I want to choose each other again."

Listen more than you speak. Ask questions. Let him say the things he has been holding. This is the conversation that changes everything. Let it breathe.

PART FOUR

The Three Things Never To Say

No matter how the conversation goes, avoid these three completely.

1. "You never..." or "You always..."

These words make the conversation about his failures. The moment he hears them, he stops listening and starts preparing his defence. Replace them with "I've been feeling..." or "I've been missing..."

2. "Other husbands..."

Comparison is the fastest way to end a vulnerable conversation. It tells him he is being judged against a standard he did not agree to. It feels like contempt even when you mean it as an observation.

3. "I've been unhappy for years"

Save the full history for much later — when trust has been rebuilt and you are already closer. Dropping years of accumulated pain into one conversation overwhelms him and gives him nothing to do with it. Start with now. Start with what you want going forward.

PART FIVE

The 24 Hours After

Whatever happened in the conversation — beautiful, awkward, or somewhere in between.

Do not bring it up again immediately.

Let it settle. Give him time to process. Bringing it up again the next morning ("so have you thought about what I said?") creates pressure and erases the softness of the original moment.

Do one thing from the 30-day plan.

Any one thing. Even Day 1. The conversation has opened a door. Walking through it means continuing to show up differently — not waiting for him to respond before you take your next step.

Notice small shifts.

After this conversation, many men start doing small things differently — sitting closer, lingering before leaving the room, finding small reasons to touch your hand or shoulder. These are not accidents. Notice them. Respond to them warmly.

If it did not go well — that is okay.

The fact that you had it at all is the shift. Try again in a few days with the same calm energy. Some men need to hear it more than once before they can receive it.

The most important thing is not the exact phrasing — it is the intention behind it. You are not having this conversation to get a specific response from him. You are having it because you want your marriage back, and you are choosing to be the one who reaches first.

— Comfort George

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*This bonus is part of **How To Become Irresistible to Your Husband Again After Children.***