Marco Reyes
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What she really means in a *fight*

How to argue with a woman you care about without losing her respect, or yours.

In most fights between couples the topic isn't the real topic. Underneath the dishes, the late reply or the comment at dinner is a simpler question: does he care, and is he safe to lean on when things get hard? Answer that question and the argument usually shrinks on its own. Win the argument and lose that question, and you've lost.

01 "Do whatever you want."

WHAT'S GOING ON She wants you to choose her, or consider her, without having to ask. Being asked takes the meaning out of it.

> DO THIS Don't take it literally and walk off. Show you've heard what matters to her and make a choice that includes her.

"I'd rather go together. What time works for you?"

02 "I'm not mad."

WHAT'S GOING ON Usually hurt, not angry. She's watching whether you stay calm and close, or get cold.

> DO THIS Lower your voice, come closer, check once. Don't demand she explain right now.

"Okay. I can tell something's up. I'm not going anywhere."

03 "Forget it."

WHAT'S GOING ON She's about to stop expecting you to understand. That's more serious than shouting.

> DO THIS Don't take the exit. Slow down and ask her to tell you again; this time just listen.

"No, I don't want to forget it. Tell me again, I'll just listen."

04 "You always do this."

WHAT'S GOING ON It's not about this one time. It's a pattern she's felt for a while.

> DO THIS Skip debating whether it's really "always". Name the pattern and say what you'll change.

"You're right, I do brush things off. I'll work on it."

05 "Why are you so calm?"

WHAT'S GOING ON She's checking whether you care, or whether her storm can pull you in.

> DO THIS Stay calm but show you care. Calm is not cold.

"Because I care about this and I want us to sort it out, not just win it."

MISTAKES THAT COST YOU

- Arguing facts when she's talking about feelings. Acknowledge first, solve second.
- Stonewalling, going silent or leaving the room without saying you'll come back.
- Raising your voice to match hers. Someone has to bring the temperature down; let it be you.
- Bringing up old fights to win this one.

THE ONE RULE

In a fight, aim to be the safe place, not the winner. Calm, close, and willing to own your part.

New guide with every reel on @marco.dates. These are common patterns, not mind-reading: every woman is different, the only way to know is to pay attention and ask, and a clear no is always a no.