

THE PARTNER COMMUNICATION SCRIPT & RECONNECTION GUIDE EHIKIOYA STELLA

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The **3-Conversation** Framework
to Rebuild Connection,
Restore Intimacy & Get
Your Marriage Back

SCRIPTS.
RITUALS.
REAL
RECONNECTION.



*Heal together. Communicate better.
Reconnect deeper. Build forever.*

— EHIKIOYA STELLA —

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A Message from Stella

Before you read this bonus, I want to say something directly to you.

When I was falling apart with anxiety, the thing that hurt the most wasn't the panic attacks. It wasn't the insomnia. It wasn't even the fear. It was watching my husband pull away. Watching the man I loved stop recognizing me.

He didn't leave. He didn't cheat. He just... disconnected. Because he didn't understand what was happening. He thought I didn't love him anymore. He thought I'd changed into someone he didn't know. He thought there was nothing he could do to help.

He was waiting for me to come back, but he didn't know how to help me get there.

This bonus exists for that moment. For the moment when your partner starts noticing that something is changing. For the moment when you're ready to let him in. For the conversations that rebuild what anxiety damaged.

The scripts in this guide aren't manipulative. They're not designed to make him feel guilty. They're designed to help him *understand*. To help him support you. To help him feel like he's part of you're healing instead of watching from the sidelines.

Use these words. Use these rituals. And watch what happens when your partner finally understands what's been happening—and realizes he gets his wife back.

— Stella

THE 3-CONVERSATION FRAMEWORK

There are three critical conversations you need to have with your partner. Not all at once. Not rushed. But intentionally, at the right times, with the exact words that will help him understand.

CONVERSATION #1: THE HONESTY TALK

(Do this around Day 3-5 of your protocol)

Why now? You've started the protocol. You're beginning to feel slightly different. Your partner might have noticed small changes—you're less tense, slightly calmer. This is the moment to tell him what's been happening.

Where? Somewhere comfortable, private, not rushed. Maybe after dinner. Not in the car where emotions are high. Not in bed. Just a quiet moment where you can both actually focus.

Opening line (use these exact words):

"I need to tell you something I've been hiding. And I need you to just listen for a minute before you respond, okay?"

[Pause. Let him say okay.]

"I've been having panic attacks. For a long time now. I haven't told you because I was ashamed, and I didn't want you to worry, and I thought I could handle it alone. But I couldn't. And the worst part is, I know it's been affecting us. I know I've been distant. I know I haven't been present. And I'm sorry."

[This is important. Say the apology. He needs to hear that you see what it's been doing to him.]

"The thing is, none of this is about you. It's not about our relationship. It's not because I don't love you. It's something happening in my nervous system that I couldn't control. But I found something that actually works. A protocol that's helping me reset. And I wanted you to know because I want you to understand what's been happening, and I want your support as I heal."

What he might say:

- "Why didn't you tell me?" — Answer: *"Because I was scared you'd think I was broken. And I was ashamed. I thought I should be able to handle it."*
- "What can I do to help?" — Answer: *"Right now, just know that this is happening. And know that it's not your fault. As I go through this, I'll let you know what I need."*
- "Is it serious? Should we see a doctor?" — Answer: *"I'm handling it with a protocol that's working. If it gets worse, we'll see someone. But right now, this is helping."*
- "How long has this been happening?" — be honest. *"About [X years/months]. It's gotten worse recently."*

The closing line:

"Thank you for listening. And thank you for not leaving, even though I know this has been hard. I'm coming back. You're going to see me come back."

CONVERSATION #2: THE "I'M NOTICING A CHANGE" TALK

(Do this around Day 10-14, when he starts to notice you're different)

Why now? By week 2, your partner will notice. You're sleeping better. You're less snappy. You're more present. He'll probably mention it—"You seem different" or "You've been calm lately." This is your opening to deepen the conversation.

Opening line:

"I wanted to tell you—the thing I told you about last week? The protocol I'm doing? It's actually working. I'm sleeping through the night. I'm not as anxious. And I wanted you to know because it means something is shifting."

Then:

"I also want to say something else. You've been patient with me even when I wasn't being present. Even when I was distant and anxious and not myself. And I see that. I see that you stayed. And I'm grateful for that."

[This is the appreciation moment. Let him feel seen.]

"As I continue healing, I'm going to need your help. I'm going to ask you to be patient with me a little longer. But also to understand that the woman you married is coming back. You're going to see her come back. And I think once she does, we're going to be stronger than we were."

What he might say:

- "I'm glad you're feeling better" — respond: *"I'm glad too. And I'm grateful you're here while it happens."*
- "How can I help?" — Answer: *"Just keep doing what you're doing. Be patient. Be kind. And let me show you that I'm coming back."*
- "When will you be completely better?" — Answer: *"I don't know exactly. But I'm better every day. You're going to see it."*

The closing line:

"I love you. And I'm sorry for the distance. But I'm not sorry anymore—I'm hopeful."

CONVERSATION #3: THE "I'M BACK" CONVERSATION

(Do this around Week 3-4, when you genuinely feel yourself returning)

Why now? By week 3-4, if you've done the protocol consistently, you're going to feel noticeably different. Calmer. More present. More yourself. This is the conversation where you mark the turning point. Where you officially let him know: *you're back*.

Setting: Make this special. Not casual. Maybe light some candles. Make tea. Sit close to him. This is a moment.

Opening line:

"I want to tell you something. I'm back. I know I've said things are getting better, but right now, sitting here with you, I can feel it. I'm actually back. The woman you married is back."

[Let this land.]

"I want to apologize for the time I was gone. For the distance. For making you feel like you weren't enough when really, I was just drowning and didn't know how to ask for help. You were patient with me. You didn't leave. You stayed even though it was hard. And I see that. I honor that."

Then the important part:

"Moving forward, I want our relationship to shift. I don't want to go back to how things were before this happened. I want us to go forward to how things could be. I want to be present again. I want to make you feel loved again. I want to rebuild what anxiety damaged."

What happens next: Let him respond. He might cry. He might hold you. He might say things he's been holding in. Let him. This is his moment to feel like his wife is coming back.

The closing line (from you):

"Thank you for waiting for me. Now let me show you what I can give you when I'm actually here."

[This is where intimacy typically happens naturally. Don't force it, but be open to it.]

THE "I'M BACK" INTIMATE RECONNECTION GUIDE

After weeks of distance, physical intimacy might feel awkward. You might be nervous. He might be nervous. This section walks you through rebuilding physical connection step-by-step, without pressure.

Step 1: Touch Without Expectation (Days 1-3)

Before anything intimate, you need to rebuild *safe touch*. Touch that has nothing to do with sex.

What to do:

- Hold his hand while watching TV
- Sit close to him on the couch
- Kiss him on the cheek (not just a peck—a real kiss that lingers)
- Put your hand on his shoulder or arm when you're talking to him
- Let him hug you and actually hug back instead of tensing up

Why this matters: Anxiety creates a physical wall between you. Touch without expectation slowly dissolves that wall. It tells his nervous system AND yours that you're safe with him again.

Daily practice: At least 5 minutes of non-sexual physical contact. That's it.

Step 2: Vulnerability Check-In (Days 4-7)

Before moving to intimacy, have a quick conversation about what you both need.

What to say:

"I want to be close to you again. Physically close. But I want to make sure you know where I'm at. So I'm going to ask you: what do you need from me right now? And I want to tell you what I need too."

What he might need:

- "I need to know you're not going to pull away again"
- "I need to feel like you still want me"
- "I need to know this isn't temporary"

What you might need:

- "I need you to be patient if I get nervous"
- "I need you to check in with me"
- "I need you to understand that this is me learning to be present again"

The agreement: Whatever you both need, agree to it. Say it out loud. Seal it with a kiss.

Step 3: The Slow Rebuild (Week 2)

Now you're ready to rebuild physical intimacy. But slowly.

Day 1 of the rebuild: Just kissing. Slow, intentional kissing. No pressure for more. Just kissing and holding each other.

Day 2: Kissing + lying close, skin to skin (shirts off, but no other agenda). Just closeness.

Day 3: Same as Day 2, but let it progress if it feels natural. If it doesn't, that's fine. Stop when you want to stop.

Day 4+: Let it flow naturally. No expectations. Just presence.

The key: Tell him before you start: *"I want to go slow. I want to be present. If I need to pause, I'll tell you. But I want to rebuild this with you."*

Step 4: The Post-Intimacy Moment (This is crucial)

After being intimate for the first time in a long time, you might cry. Many women do. It's not sadness. It's relief. It's coming home to your body.

What to do: Let him hold you. Let yourself feel whatever you feel. Say something like:

"I'm okay. I'm just... home. I'm home again."

What he needs to know: This isn't rejection. This isn't regret. This is healing. Let him be part of it.

5 INTIMACY REBUILDING RITUALS

These are short, specific rituals you can do together that rebuild connection without pressure. Do one each week for 5 weeks.

RITUAL #1: The "I See You" Ritual (*Week 1*)

Time: 10 minutes

What you need: Nothing. Just you two, facing each other.

What to do:

1. Sit facing each other, close enough that your knees touch
2. Hold hands
3. Look at each other—really look at each other—for 2 minutes without talking
4. Then, take turns finishing these sentences: *"What I see when I look at you is..."*
"What I've missed most about you is..."
"When you look at me like that, I feel..."
5. Sit in silence for 1 minute after, still holding hands

Why it works: You're rebuilding the ability to be truly seen by each other. Anxiety creates distance even in moments of closeness. This ritual closes that gap.

RITUAL #2: The "Back to You" Bath/Shower (*Week 2*)

Time: 20 minutes

what you need: Bath or shower, candles if you have them

What to do:

1. Run a bath or prepare a shower
2. Ask him to wash your hair or bathe you (or shower together and wash each other)
3. Don't talk. Just be present with the feeling of being cared for
4. After, wrap each other in towels and sit close for a few minutes

Why it works: Being bathed/cared for is deeply vulnerable and deeply intimate. It rebuilds trust. It shows him you're letting him care for you again.

RITUAL #3: The "Tell Me Your Day" Ritual (Week 3)

Time: 15 minutes

What you need: Tea/coffee, comfort

What to do:

1. Each night for a week, before bed, sit together and really listen to each other's day
2. No phones. No distractions.
3. Don't interrupt. Don't problem-solve. Just listen.
4. End with: *"Thank you for telling me. I love you."*

Why it works: Intimacy isn't just physical. It's being known. You've been checked out during conversations. This ritual rebuilds that connection.

RITUAL #4: The "I Forgive You" / "I Forgive Myself" Ritual (Week 4)

Time: 20 minutes

What you need: A piece of paper, pen, candle (optional)

What to do:

1. Each write down on separate papers:
 - What you forgive him for (for not understanding, for pulling away, etc.)
 - What you forgive yourself for (the distance, the anxiety, the way it affected him)
2. Read them aloud to each other
3. Burn the papers (or tear them up)
4. Hold each other

Why it works: This ritual formally closes the "anxiety chapter" and opens a new one. It gives permission for both of you to move forward.

RITUAL #5: The "I Choose You" Renewal Ritual (Week 5)

Time: 30 minutes

What you need: Something special (wine, chocolate, flowers—whatever feels right)

What to do:

1. Set the mood however feels right to you both
2. Tell him: *"I want to renew my commitment to you. Not because I have to. But because I'm here now, and I choose you."*
3. Let him respond
4. Be intimate if it feels right (but it doesn't have to be)

5. End by stating what you're committed to moving forward

Why it works: This ritual marks the beginning of your new relationship—the one where you're present, healed, and choosing each other actively.

THE PARTNER FAQ

He asks: "Is this going to happen again?"

What he's really asking: Will I have to go through this again?

How to answer:

"I don't know if I'll have anxious moments again. But I know now that when they come, I have tools to manage them. And I know now to talk to you instead of hiding. So if it happens, we'll handle it together. Not silently like before."

He asks: "Why didn't you tell me earlier?"

What he's really asking: Why didn't you trust me? Don't you think I could help?

How to answer:

"Because I was ashamed. And I thought I was supposed to be able to handle it myself. I know now that was wrong. I know now that letting you in is actually stronger than pushing you away. I'm sorry it took me this long to realize that."

He asks: "Did I do something to cause this?"

What he's really asking: Is this my fault? Is our relationship the problem?

How to answer:

"No. This isn't about you or our relationship. This is about my nervous system getting stuck in overdrive. You didn't cause it. But you've been patient while I heal it. That matters."

He asks: "Should we get marriage counseling?"

What he's really asking: Is our relationship okay? Are we going to be okay?

How to answer:

"I don't think we need it right now. But I'm open to it if you think we do. Right now, I just need you to know what's happening and to be patient with me. And I need to show you that I'm coming back. Can we try that first?"

He asks: "How long will this take?"

What he's really asking: How much longer do I have to wait for my wife back?

How to answer:

"I'm already getting better every day. By week 2-3, you're going to see real changes. By month 2, I'm going to be mostly back to myself. And after that, I'm just maintaining. You don't have to wait months. You're already getting me back."

He asks: "Are you sure you don't need medication/therapy?"

What he's really asking: Are you taking this seriously? Is this actually going to work?

How to answer:

"This is working. I can feel it. If at any point I feel like I need additional support, I'll tell you and we'll get it. But right now, this protocol is the thing that's actually helping. I promise I'll be honest if that changes."

He asks: "Do you still love me?"

What he's really asking: Did anxiety kill your feelings for me?

How to answer:

"Yes. I never stopped loving you. I was just too anxious to show it. I was inside my own head. But I love you. And I'm coming back to you. You're going to feel it."

THE "THANK YOU" LETTER TEMPLATE

At some point—maybe week 3, maybe later—write this letter. You don't have to give it to him. But you should write it. It's for both of you.

Dear [His name],

I'm writing this because words have been hard lately, and I want to get them right.

For [how long you were struggling], I was somewhere you couldn't reach me. I was inside my own fear, caught in panic that had nothing to do with you but everything to do with how I was showing up in our relationship. And you stayed.

You didn't understand what was happening. You asked questions I couldn't answer. You felt my distance and couldn't fix it. You watched me suffer and felt helpless. And you stayed.

I know I hurt you. I know my anxiety became your burden. I know you felt like I didn't want to be close to you, when really I was just terrified. I'm sorry for that. I'm genuinely sorry.

But I'm also grateful. Because in staying, you showed me that love isn't conditional. That you don't leave when things get hard. That you're willing to wait for me to find my way back.

I'm back now. Not completely, not perfectly, but I'm coming back. And I want you to know that this matters. That YOU matter. That the fact that you didn't give up on me—it changed something in how I see myself.

Thank you for waiting.

I love you.

— [Your name]

RED FLAGS & GREEN FLAGS

Green Flags — He's supporting your healing:

- ✓ He asks how you're doing with the protocol
- ✓ He checks in on how you're feeling
- ✓ He's patient when you're still working through anxiety
- ✓ He accepts that healing isn't linear—some days will be better than others
- ✓ He makes space for your recovery (doesn't make you feel guilty for doing the practices)
- ✓ He tells you he sees the changes and is proud of you
- ✓ He initiates physical affection gently
- ✓ He listens when you talk about what you're experiencing
- ✓ He's willing to do the reconnection rituals
- ✓ He doesn't make your anxiety about himself or blame you for it

Red Flags — He might not be supporting your healing:

- ✗ He gets angry when you mention anxiety
- ✗ He says "just get over it" or "other people have real problems"
- ✗ He pulls away more instead of less
- ✗ He uses your anxiety against you in arguments
- ✗ He refuses to engage in any reconnection rituals
- ✗ He makes you feel guilty for doing the protocol
- ✗ He brings up old resentments constantly
- ✗ He doesn't believe the protocol is working
- ✗ He pressures you for intimacy before you're ready
- ✗ He blames you for the distance in the relationship

If you're seeing red flags: This might be a sign that your relationship has bigger issues than anxiety alone. Consider whether this is a partnership that's supporting your healing, or one that's contributing to it.

CLOSING WORDS FROM STELLA

Your partner loves you. Even if he's been distant. Even if he's been frustrated. Even if he hasn't known how to help.

He's been waiting for you to come back.

Use these scripts. Use these rituals. Let him be part of your healing. And watch what happens when he realizes that the woman he married is actually coming home.

You've got this.

— Stella