



THE MANSPLACE
— THERAPY FOR MEN —

Understanding the Thoughts and Feelings of Our Partners

As men, we can often fall into the trap of thinking only about ourselves. Or, conversely, we can obsess about what our partners are thinking and feeling about us. This can lead to us being either detached or overreactive to the thoughts and feelings of our partners. We need to work toward understanding their thoughts and feelings in a way that promotes curiosity and connection.

The best place to start is to foster a genuine interest in our partner, a desire to really know what it is like to be her. We recommend that you start by setting some time aside regularly to reflect on what your partner might be thinking and feeling. What is she thinking and feeling after a fight you had, when she is facing her stressors, when she has experienced a victory, etc.? Your own reflections on this can be amplified by talking with her to see if you are understanding her accurately. You might say, “When you were going through _____, I imagine you were thinking _____ and feeling _____. Does that match what actually happened for you?” Again, the act of trying to understand is what will make all the difference for you and her, not your accuracy in guessing what she is thinking and feeling. So dive in, use the tool on the page below, and start trying to understand her better.



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Feelings