THE DAMN GOOD LISTENER
RELATIONSHIP & BUSINESS SUPPORT

Ben & Kerry

Your relationship, revealed.

Finally, a chance to build the relationship you've always dreamed of.

Ben · 7w8
Kerry · 8w7



Understand each other. Grow together.

03 / YOUR THREE GREATEST STRENGTHS

A relationship with some life in it

Three strengths to enjoy, without turning every one into a task.

1 / MAKING THINGS HAPPEN

You may bring enough initiative between you to turn “we should” into a booked table, a difficult conversation or a shared project. Enjoy that willingness to begin. Check that both want the same thing before the momentum takes over.

2 / COURAGE WHEN LIFE GETS MESSY

A practical setback need not end in helplessness. One may spot options while the other is willing to tackle the problem directly. For example, when travel plans fall apart, you can acknowledge the disruption and then work out a workable way home.

3 / PERMISSION TO BE FULLY ALIVE

Your combined energy can make room for humour, play and plain speaking. A lively disagreement about a film or a meal need not threaten closeness when both know their preferences are welcome.

The strength is not that you never clash. It is that both of you have something worth bringing.

04 / PINCH POINT ONE

Two drivers. One Saturday.

A possible pattern to recognise, with an example you can adapt.

The pattern

One partner keeps adding possibilities while the other tries to pin down a definite plan. Suggestions start sounding like decisions; questions start sounding like restrictions. Both want a say, but each experiences the other as narrowing their freedom.

> **HOW IT MIGHT LOOK / SHARED PLANS**
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> You have a free Saturday. Ben mentions a walk, lunch out and possibly meeting friends. Kerry starts arranging a route and timings. Ben feels that a few ideas have become a timetable; Kerry feels expected to reserve a day for a plan that keeps changing. A conversation about having fun becomes a negotiation over who gets to decide.

A different move for Ben

Before adding the next option, say whether you are suggesting it or committing to it. “I definitely want the walk with you. The evening is still an idea.” Leave the shared decision open until your partner has answered.

A different move for Kerry

Explain the certainty you need without organising the entire day. “Can we agree when we leave and decide lunch later?” A clear boundary can coexist with room for spontaneity.

Separate exploring from agreeing. Each name one thing you genuinely want from the day, then decide which parts are fixed and which can stay open.

08 / REPAIR AFTER CONFLICT

Come back without the armour

Repair the exchange you actually had, rather than debating which type started it.

> **AFTER A SHARP EXCHANGE**
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> Suppose an argument about Saturday ends with one of you saying “You control everything” and the other replying “You never commit.” Both are now defending a character rather than discussing a day.

1 / Pause with a return you both understand

“We’re making this personal. Can we take twenty minutes and come back at eight?” Communicate if the return needs to change.

2 / Own what you actually did

Ben: “I kept changing the plan after you had arranged your day around it.”
Kerry: “I got sharp and started issuing instructions instead of asking.” Use the words that fit; either person can make either move.

3 / Hear the effect

Ask what your response was like to receive. Let the answer finish before explaining why you acted that way.

4 / Settle today’s decision

Decide what happens on Saturday and what needs to be communicated. If there is a bigger pattern to discuss, make time for that separately.

“I understand why you reacted” and “I take responsibility for my response” can both be true.