



H3 WhyzMen Guide Card

Listening vs Fixing

Two superpowers. Only one works at home.

Listening

Fixing

HOW IT LOOKS

Curious
Calm presence
Nods and waits
Builds connection
Still married

Action-hero mode
Interrupts quickly
Explains immediately
Solves too fast
Sleeping on the couch

HOW IT SOUNDS

"That sounds hard."
"Tell me more."
Silence (on purpose)

"Easy fix."
"Here's what you do."
Mini TED Talk

WHAT IT DOES

Calms emotions
Creates safety
Strengthens trust

Raises defenses
Triggers conflict
Feels dismissive

Less fixing. More listening. Longer marriages.

WhyzMen™ | Wise Men Still Seek



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The “Evoke NO” Code

A marriage-safe cheat code

People feel safer saying **NO** than being pushed into **YES**.
These questions lower defenses and invite honesty:

- 1 *“Is now a bad time to talk?”*
- 2 *“Would it be a terrible idea to just listen for a minute?”*
- 3 *“Are you opposed to me just hearing you out?”*
- 4 *“Is it unreasonable to take this slow?”*
- 5 *“Would you prefer that I don’t try to fix this?”*

Why it works: A comfortable NO creates safety, autonomy, and trust, and that makes real listening possible.

Less fixing. More listening. Longer marriages.

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