



A FREE GUIDE · 5 SIMPLE SCRIPTS

Before You Say, “Never Mind, I’ll Do It”

5 scripts to ask your husband clearly—without hinting, overexplaining, nagging, or losing your temper



Love well. Lead wisely. Become her.

You asked him to take the baby.
He stayed exactly where he was.
So you asked again. Then you explained why.
Then you reminded him you had already asked.
And eventually, you said the words:

“Never mind. I’ll just do it.”

Now you’re doing the thing—and carrying the resentment too.

This guide isn’t about finding perfect words to control his response. It’s about saying what you need clearly, once—without turning his response into another job for you to manage.

You don’t need a better way to nag.
You need a way to say what you need before “Fine, I’ll do it myself” becomes your default.

Why you keep ending up resentful

You may believe you asked clearly, but it often comes out sounding like this:

“Are you going to take the trash out?”

“Can you help me with the kids?”

“We need to start getting ready.”

“I haven’t had one minute to myself today.”

True? Yes. Clear requests? Not quite. So when nothing happens, you start hinting, reminding, explaining, and watching. Even after asking, you’re still carrying the whole interaction.

The Clear Request

Before you speak, walk yourself through these four steps.

1

Notice what's happening

Just this moment—no accusations, no bringing up everything from before.

| *"I'm holding the baby, making dinner, and starting to feel overwhelmed."*

2

Name what you need

Practical help, time alone, a decision, emotional support, or shared responsibility?

| *"I need 20 minutes without being responsible for the baby."*

3

Ask for one specific action

What exactly are you asking him to do, and when?

| *"Please take the baby now. I need 20 minutes to finish this."*

4

Release his response

Pause. Let him answer. Try not to give him the death stare. Don't apologize, add five more reasons, repeat yourself, or take the task back.

You are responsible for communicating clearly.
He is responsible for how he responds.

Say it clearly, once.

SCRIPT 1

When you need him to take the baby now

— INSTEAD OF

“Can you please take her?” · “I’ve had her all day.” · “Never mind. I’ll do it.”

SAY THIS

“Babe, I need 20 minutes without her clinging to me and crying. Please take the baby now.”

Then pause and let him respond. You don’t need to recap your whole day before your need counts.

SCRIPT 2

When the trash needs to go out, but he’s on the phone

— INSTEAD OF

“Are you going to take the trash out?” · “I already asked you.” · “Fine, I’ll take it.”

SAY THIS

“The trash needs to go out before it starts leaking and smelling. Can you do that now?”

Then release it—no hovering, reminding, or watching to see if he moves. If the bag is full, set it by the door. Natural consequences often teach better than any conversation.

A little story: my husband once forgot to take the cans out. When every house’s trash got picked up but ours, he remembered why it mattered. You’re not the only adult in your marriage—let cause and effect do its work.

SCRIPT 3

When he gets himself ready while you get yourself and the kids ready

This works best before everyone starts getting ready.

— INSTEAD OF

“Can you help with the kids?” · “Why are you still in the bathroom?” · “We’re going to be late!”

SAY THIS

“We need to leave by 10:00. I need 30 uninterrupted minutes to get ready, and I need you to handle the kids. Emily needs her outfit on, and Johnny needs to comb his hair and go potty.”

If he asks what they need: “Dressed, shoes on, and ready to go. I can’t manage it while I’m getting ready.”

You’re not asking him to help with your job. You’re asking him to own part of a shared one.

SCRIPT 4

When you need time alone but feel guilty asking

— INSTEAD OF

“I’m so tired.” · “It must be nice to sit down.” · “It’s fine. I know you’re tired too.”

SAY THIS

“I need 30 minutes without anyone needing me. I’m going to get a coffee alone, and then I’ll come back.”

Make sure he heard you, then go. You don’t need his green light, and you don’t need to prove you’re more exhausted than he is. Your need is valid before you hit your breaking point.

SCRIPT 5

When he makes plans before talking to you

— INSTEAD OF

“I guess you already decided.” · “Whatever. Do what you want.” · “It’s fine.”

SAY THIS

“I’m not upset that you want to make plans—I want you to have fun. I’m upset the decision was made before we talked about how it affects me and the kids. I need us to check with each other before either of us confirms plans.”

For plans already made: “Babe, let’s look at what we have going on and decide how to make this work for our family.”

You’re not asking to control his time. You’re asking to be included as his partner.

AFTER YOU ASK

Then let it be his.

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| — Stop talking. | — Give him a moment to respond. |
| — Don’t weaken your request by apologizing for it. | — Don’t add ten reasons to prove your need is valid. |
| — Don’t take the responsibility back. | — Notice his actual response—not the one you’re trying to create. |
| — Remember: this is you and him as a team, not you vs. him. | |

Clear words don’t guarantee he’ll agree or follow through. But they help you see the difference between a request that was never clear and a pattern that needs a deeper conversation. If he repeatedly ignores, dismisses, or refuses reasonable requests, the answer isn’t more perfect words. That pattern deserves to be addressed honestly.

You're allowed to speak before resentment speaks for you.

You don't have to wait until you're angry enough to explode, drop hints and hope he notices, or apologize for needing support. You can be warm and clear. You can love your husband without leaving yourself out of the conversation.

This is part of becoming a wise, confident woman who communicates clearly—and then lets another adult be responsible for what he does with it.

THIS IS ONLY THE BEGINNING

I'm creating something deeper for the Christian wife and mother who loves her family but is tired of disappearing inside the life she prayed for.

Follow me and send me the word **CLEAR** to hear about it first.

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