

Getting the Love You Want

by Harville Hendrix

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Use a mirror sentence**
Start with: What I heard you say is...

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☐ ⁰² **Validate one feeling**
Find one way your partner's reaction makes sense from their view.

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☐ ⁰³ **Make one clear request**
Replace a complaint with a specific future behavior.

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☐ ⁰⁴ **Create a pause rule**
Agree to pause before either person starts defending.

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☐ ⁰⁵ **Reflect before reply**
Repeat the core point before offering your side.

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☐ ⁰⁶ **Ask for the wound**
When the argument repeats, ask what deeper hurt is showing up.

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☐ ⁰⁷ **Repair the small rupture**
Apologize for one tone, interruption, or assumption quickly.

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☐ ⁰⁸ **End with a request**
Close hard talks with one concrete next move each person can try.

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