

HERPEACE HUB · BONUS #2

Honest Voice Scripts

*Exact Words for the Conversations
You Have Been Avoiding*

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BEFORE YOU USE THESE SCRIPTS

Read This First. It Changes Everything.

These scripts are not magic words. They will not fix a broken man or rebuild ten years of distance in one conversation. What they will do is give you the exact structure, tone, and language that makes a difficult conversation go toward connection instead of toward war.

Coach Yetunde spent years watching the same conversations destroy Nigerian marriages that could have been saved — not because the women were wrong about what they felt, but because the way they said it made their husbands shut down completely. These scripts come from hundreds of real sessions. They work because they are built around how Nigerian men actually receive communication — not how we wish they would.

Three rules before you use any script:

- 1. Read the script out loud to yourself first.** Alone. Your body needs to practise the tone before the real moment. If you cannot say it calmly to yourself, you cannot say it calmly to him.
- 2. Use it as written the first time.** Do not improvise on your first attempt. The specific words matter. Once you have used it once, you can adapt it to your voice.
- 3. Choose your moment.** None of these scripts work when he has just walked through the door, when he is hungry, when the children are crying, or when you are already heated. Wait for a quiet moment. The right words in the wrong moment still close doors.

There are twelve scripts in this guide. You do not need all of them. Find the one that fits your situation right now and start there.

SECTION 1

When the Distance Has Grown

Scripts for marriages where the emotional gap has quietly widened over time

SCRIPT 01

When You Have Not Really Talked in Weeks

When to use this: He is physically present but emotionally elsewhere. You want to reopen the door without making him feel accused.

WHAT MOST WOMEN SAY

"You never talk to me anymore. I feel like I am invisible in this house. Do you even care?"

THE HONEST VOICE VERSION

"I miss talking to you. Not about the children or the bills — just talking. Can we find thirty minutes this week that is just ours?"

WHY THIS WORKS

It opens with vulnerability, not accusation. "I miss you" is disarming in a way that "you never" never is. It also makes a specific, manageable request — thirty minutes — rather than a vague demand for more.

Coach Yetunde's tip: Say it in the evening, when the house is quiet. Not when he has just arrived home. Not when you are already frustrated.

SCRIPT 02

When He Has Become a Stranger in Your Own Home

When to use this: You have been living parallel lives. He does his, you do yours. There is no war — just nothing. You want to break the routine without sounding like you are accusing him of neglect.

WHAT MOST WOMEN SAY

"We are like housemates. You do not even see me. This is not a marriage, it is just two people living under the same roof."

THE HONEST VOICE VERSION

"I have been thinking about us. Not in a bad way — I just realised I want more of you. Not the version that manages the house with me. The version I married. I want to find that again. Are you open to that?"

WHY THIS WORKS

The phrase "not in a bad way" immediately removes the defensive response. Framing it as wanting more — not complaining about what is missing — positions him as something desirable rather than a problem to be solved.

Coach Yetunde's tip: This script works best face to face. Not by text. Sit near him, keep your voice soft, and give him space to respond without filling the silence.

SCRIPT 03

When He Has Stopped Initiating Anything

When to use this: He never plans anything. Never suggests anything. You feel like the only one trying. You want to address it without sounding like you are keeping score.

WHAT MOST WOMEN SAY

"I am always the one making effort. You never plan anything, you never initiate anything. I am tired of being the only one who cares."

THE HONEST VOICE VERSION

"It means something to me when you initiate things — even small things. When you plan something or reach for me first, I feel chosen. I just wanted you to know that."

WHY THIS WORKS

This is not a complaint. It is information. You are telling him what makes you feel loved, not punishing him for withholding it. Men respond far better to being told what works than to being told what they are failing at.

SECTION 2

The Conversations You Have Been Avoiding

Scripts for the specific moments most women either explode or go completely silent

SCRIPT 04

When He Comes Home Late Without Explanation

When to use this: He walked in at 11pm. Again. No message. You have been lying awake for hours. Everything in you wants to attack. Use this instead.

WHAT MOST WOMEN SAY

"Where have you been? Why didn't you call? Do you think this is how a married man behaves? I have been sitting here alone since 7pm!"

THE HONEST VOICE VERSION

"Welcome home. I am glad you are safe. When you are settled, I want to talk — not an argument, just a conversation. I felt alone tonight and I want us to understand each other better."

WHY THIS WORKS

The words "not an argument, just a conversation" remove the defensive wall before it goes up. Saying you felt alone — not that he abandoned you — makes it about your experience, not his failure. And waiting until he is settled means he can actually hear you.

Coach Yetunde's tip: Do not try to have this conversation the moment he walks in. Let him breathe. Then speak.

SCRIPT 05

When You Found Something Suspicious

When to use this: A message. A call log. Something that turned your stomach. You are not certain what it means but you cannot pretend you did not see it. This script is for the first conversation — not an accusation, not a confrontation, but an opening.

WHAT MOST WOMEN SAY

"Who is this woman texting you? What is going on? I knew something was wrong. You have been lying to me. I cannot believe this."

THE HONEST VOICE VERSION

"I saw something that troubled me and I cannot sit with it alone. I am not accusing you of anything. I am asking you to help me understand what I saw, because I would rather ask you directly than let my mind fill in the story."

WHY THIS WORKS

The phrase "I would rather ask you directly" communicates respect and maturity. It invites honesty instead of triggering denial. The calmer you are, the more likely he is to tell you the truth — because he is not in survival mode.

Coach Yetunde's tip: Read this script out loud ten times before you use it. Your voice needs to be calm when your body wants to shake.

SCRIPT 06

When He Dismisses How You Feel

When to use this: You told him something bothered you and he said you are overreacting, or changed the subject, or made you feel small for feeling it. This happens often. You need a way to hold your ground without escalating.

WHAT MOST WOMEN SAY

"See, this is exactly what I mean. You never take my feelings seriously. You always make me feel like I am crazy for feeling anything."

THE HONEST VOICE VERSION

"I hear that you see it differently. I am not asking you to agree with how I feel — I am asking you not to dismiss it. My feelings are real even if you do not share them. Can we stay in this conversation a little longer?"

WHY THIS WORKS

"I am not asking you to agree" removes the demand for validation, which is what usually triggers dismissal. Asking to stay in the conversation is specific and manageable — it is much easier to say yes to than a vague request to take feelings more seriously.

SCRIPT 07

When He Has Said Something That Hurt You

When to use this: He said something — in front of people, or privately — that genuinely wounded you. He may not even know it landed the way it did. You want to address it without turning it into a days-long cold war.

WHAT MOST WOMEN SAY

"What you said yesterday was so disrespectful. You always speak to me like that. You would never let anyone else talk to you that way."

THE HONEST VOICE VERSION

"Something you said yesterday has been sitting with me. I do not think you meant it the way it landed, but I want to tell you how it felt. Not to make you feel guilty — just so you know me better."

WHY THIS WORKS

"I do not think you meant it the way it landed" immediately lowers his defences by assuming good intent. "So you know me better" reframes the whole conversation as intimacy rather than conflict. It is nearly impossible to be defensive against a woman who is trying to let you in.

SECTION 3

Setting Standards Without Sounding Controlling

Scripts for holding your ground with warmth and without ultimatums

SCRIPT 08

When You Need More of His Time

When to use this: You are drowning alone with the children, the house, your own work — and he does not seem to see it. You need to ask for his presence without sounding like you are issuing demands.

WHAT MOST WOMEN SAY

"You are never here. I do everything alone. The children barely know their father. When is any of this going to change?"

THE HONEST VOICE VERSION

"I need to tell you something and I want you to really hear it. I am carrying a lot alone and I am starting to feel it. I am not saying you are not working hard. I am saying I need more of you — not everything, just more. Can we figure out what that looks like together?"

WHY THIS WORKS

"Not everything, just more" removes the all-or-nothing dynamic that makes men feel trapped. "Can we figure out what that looks like together" makes him a partner in the solution rather than the problem being addressed.

Coach Yetunde's tip: Be specific when he asks. "More" is vague. "Home by 7pm on Tuesdays and Thursdays" is workable.

SCRIPT 09

When His Family Is Crossing a Line

When to use this: His mother or siblings are interfering in your marriage in a way that is causing damage. You need your husband to see it and act — but raising it usually leads to him defending them.

WHAT MOST WOMEN SAY

"Your family does not respect me. Your mother is always interfering. You always take their side. You need to talk to them."

THE HONEST VOICE VERSION

"I want to talk about something that has been affecting me, and I need you to hear me as my husband first — before you respond as their son or brother. What happened affected our home. I am not asking you to choose sides. I am asking you to protect our home."

WHY THIS WORKS

"Hear me as my husband first" is a specific, powerful instruction. It gives him a role — protector of the marriage — that is more compelling than the role of referee. "Protect our home" uses language that resonates deeply with Nigerian men raised to see themselves as providers and protectors.

Coach Yetunde's tip: Do not list every example of the interference. Make one specific, recent, clear case. One incident, clearly described, is more powerful than a catalogue of grievances.

SCRIPT 10

When You Need Him to Understand What Disrespect Costs

When to use this: He has been dismissive, critical, or disrespectful — repeatedly — and you need him to understand that this has a limit. Not a threat. A boundary.

WHAT MOST WOMEN SAY

"If you keep speaking to me like this, I will leave. I am not going to keep taking this treatment. You need to change."

THE HONEST VOICE VERSION

"I want us to work. I genuinely do. But I need you to understand something: the way you speak to me sometimes makes me feel small, and I cannot stay small forever. I am not threatening you. I am telling you the truth because I respect this marriage enough to say it."

WHY THIS WORKS

The distinction between threatening and telling the truth is everything. A threat triggers defensiveness. A truth — delivered with calm — opens a completely different response. Saying "I respect this marriage enough" reframes the conversation as an act of love, not war.

Coach Yetunde's tip: Say this when you are genuinely calm. If you are still heated, wait. The words are powerful enough without the emotion behind them — and more powerful without it.

SECTION 4

Rebuilding What Distance Has Eroded

Scripts for reopening intimacy — emotional and physical — after a period of disconnection

SCRIPT 11

When the Physical Closeness Has Gone

When to use this: You and your husband have not been physically close in a long time. Not just intimacy — touch, sitting together, reaching for each other. The distance is felt but neither of you has named it.

WHAT MOST WOMEN SAY

"You never touch me anymore. We are like strangers. Do you even still find me attractive? Because it does not feel like it."

THE HONEST VOICE VERSION

"I miss being close to you. Not even in a big way — just the small things. You reaching for my hand. Sitting near each other. I miss that. I think we have both been so busy that we forgot to be close. I would like to find our way back."

WHY THIS WORKS

"I think we have both been so busy" removes blame entirely. "Find our way back" positions closeness as a shared destination rather than something he has withheld from you. Most men respond to this with relief — they have felt the distance too and did not know how to name it.

Coach Yetunde's tip: After you say this, do not immediately expect a response. Give him time to absorb it. Sometimes the response comes the next day in the form of a hand reaching for yours.

SCRIPT 12

When You Want to Start Fresh

When to use this: You have had a bad season — arguments, silence, distance, or worse. Both of you are tired. Neither of you wants to keep fighting. You want to propose a real reset without it sounding naive.

WHAT MOST WOMEN SAY

"I feel like we need to start over. Can we just forget everything and try again? Because this is not working."

THE HONEST VOICE VERSION

"I do not want to keep living in what has already happened between us. I want to build something better — not pretend the hard things did not happen, but choose to move toward each other instead of away. I am willing to do that if you are. Are you?"

WHY THIS WORKS

"Not pretend the hard things did not happen" is crucial. It acknowledges reality without being stuck in it. Asking "are you?" at the end makes it a genuine question rather than a monologue — and it gives him the dignity of choosing.

Coach Yetunde's tip: This script works best when you are both in a neutral space — not after a fight, not during one. Some women use it during a quiet moment on a Sunday, or after the children are in bed.