

BONUS ONE · AFRICANHOMEFRONT

The Husband Conversation Script

Five Conversations.
Word For Word.



He never needs to know this exists.

Onovo Jonathan
AFRICANHOMEFRONT

BONUS ONE

The Husband Conversation Script



HOW TO USE THIS

Chapter 7 of the main guide gave you the five-conversation sequence. This is the working version — the full scripts, the eight responses you are most likely to get, what each one tells you, and what to do when it goes wrong.

Read it once through before you start. Then keep it on your phone and open it before each conversation.

Four rules that govern everything here

One — he never needs to know this exists. Nothing in this document requires him to read anything, understand a framework, or agree with a study. If you find yourself wanting to show him a page, you have left the method.

Two — one ask at a time. The moment you attach a second, he stops hearing a request and starts hearing a campaign.

Three — always leave the exit. *"You do not have to mention me."* That sentence converts more refusals than anything else in this book.

Four — thank him disproportionately. It will feel unfair. Do it anyway. You are not rewarding him; you are reinforcing a position, and his position is the thing the research says determines whether your marriage survives this.

What you are aiming for

Not an apology. Not agreement that his mother is difficult. Not a promise about the future.

A shared account of what happened, and one specific thing he will do.

That is all. It is much smaller than what you have been attempting, which is exactly why it works.



THE SEQUENCE AT A GLANCE

	Conversation	Timing	Objective	Success looks like
1	The Neutral Opener	Calm evening, 4+ days since any incident	Prove this can be discussed without a fight	It ended without an argument
2	The Log	10–14 days later	Shared attribution	One sentence acknowledging a pattern
3	The Position Question	7–10 days later	Find out where he actually stands	You have his honest answer
4	The Specific Ask	~1 week later	One executable behaviour	He agrees to one thing
5	The Review	3 weeks later	Consolidate or escalate	Thanked, or sorted

Total: about six weeks. Do not compress it. The gaps are what stop this feeling like a campaign.



CONVERSATION ONE — THE NEUTRAL OPENER

Conditions — all four must be true

- ■ She is not in the house
- ■ Nothing has happened for at least four days
- ■ It is not late at night
- ■ He is not tired, hungry, or dealing with something else

If any box is unticked, wait. **A conversation held in the wrong conditions is worse than no conversation,** because it teaches him that this subject always ends badly.

The script

"There is something I want to talk about, and I do not want to fight about it. I am not angry right now. Can we talk for ten minutes?"

Wait for a yes. Do not proceed without one.

"I have been finding the situation with your mother hard, and I do not think I have explained it well before. I am not asking you to do anything tonight. I just want you to know how it lands for me."

Then one incident. One.

"When she came for the three weeks in March, I felt like a visitor in my own house. I did not say anything at the time because I did not want trouble. But I was not okay."

Then stop talking.

What must not be in this conversation

- ■ The word "always" or "never"
- ■ More than one incident
- ■ Anything about her character — *rude, controlling, she does not like me*
- ■ Any request at all. **This conversation contains no ask**
- ■ Comparison to other men or other families

Closing it

Whatever he says, you say a version of:

"I hear you. I am not asking you to agree with me tonight. I just wanted you to know."

Then change the subject and be genuinely warm for the rest of the evening.

That warmth is not manipulation. It is the actual lesson of the conversation: this topic can be raised and the evening survives.

Success condition

It ended without an argument. Nothing was agreed and nothing was solved.

If that happened, you have done something you have not managed in years, and the rest of the sequence is now possible.



CONVERSATION TWO — THE LOG

Timing: 10–14 days after Conversation One.

You need: your Position Log from Chapter 3, minimum four weeks of entries, including the good ones.

The script

"Do you remember I said the thing about your mother had been hard? I did something that helped me understand it better, and I want to show you — not to prove a point, just because I think it explains what I have been trying to say."

Hand him the log. Let him read it himself. Do not read it aloud. Do not narrate.

"I wrote down what happened and what you did each time. I also wrote down the times you handled it and it went well, because those happened too."

That second sentence is the most important line in this entire document. It is the difference between showing him evidence and putting him on trial, and it is why Chapter 3 insisted you log the good entries.

Then be silent while he reads. However long it takes.

The one thing you say next

He will dispute an entry. Almost every man does — he finds one and argues about it, because arguing about one entry is easier than looking at forty.

Let him have it.

"You may be right about that one. What about the pattern?"

That question is the whole conversation. He can dispute an entry. He will struggle to dispute six weeks.

What you are listening for

One sentence acknowledging the pattern exists. Any of these count:

- *"I did not realise it was that often."*
- *"I suppose I do just leave it."*
- *"I did not know you were keeping track."*

- *"Okay. I see it."*

Even a grudging one. That is shared attribution beginning, and it is what the research says predicts improvement.

The mistake to avoid

Do not press your advantage. The moment he concedes anything, the temptation is to add: *"So will you do something about it?"*

Do not. Say thank you and end the conversation there.

"Thank you for looking at it. That is all I wanted."

You have another conversation coming. Use it then.



CONVERSATION THREE — THE POSITION QUESTION

Timing: 7–10 days after Conversation Two.

The script

"I want to ask you something and I genuinely want the honest answer, not the answer you think I want."

Pause.

"When your mother and I disagree about something in our house — who do you think should decide?"

Then be silent.

However long it takes. Do not fill it. Do not soften it. Do not offer him an easier version of the question. This silence is doing the work.

Why this question and not another

It is not *"whose side are you on."* It is a question about **decision rights in a household** — answerable without anyone being condemned, and impossible to answer with "I love you both."

Most men have never been asked it. Many have never consciously thought about it. They have been operating a default they inherited, and the default is his mother, because that was the arrangement for thirty years before you existed.

What you do afterwards

Nothing. You do not correct him. You do not tell him the right answer. You do not produce an example.

You asked a question and you are receiving information. What he says here tells you which chapter you need next.



CONVERSATION FOUR — THE SPECIFIC ASK

Timing: about a week after Conversation Three.

Choosing the ask

Take your **access** item from Chapter 6 — the AC column. Access, always, first. It is logistics, not loyalty.

A good ask passes three tests:

1. Could he do it on a specific Tuesday?
2. Does it require him to say anything critical about his mother? (*It must not.*)
3. Is it one thing?

OK Good asks	■ Bad asks
"When she comes next, can you agree the dates before she arrives and tell me what they are?"	"I need you to support me more."
"When she calls during dinner, can you let it ring and call her back after?"	"You need to tell your mother to respect me."
"Before you send money home, can we talk first — not for permission, just so I know?"	"Can you stop taking her side?"
"Can you ask her to text you when she is setting off?"	"I need to know you are on my team."

The script

"There is one thing that would make a real difference to me, and it is small."

State the ask. Exactly. Once.

"That is it. That is the whole thing I am asking for."

Then the exit — and do not skip this:

"You do not have to say anything to her about me. You do not have to tell her I asked. Just tell her the dates."

If he says yes

"Thank you. That genuinely helps."

Then stop. Do not add a second ask. Do not say "and another thing." Do not test him.

One ask is running. Let it run.

If he says no

"Okay. What would you be willing to do?"

Then take whatever he offers, even if it is a fraction of what you asked.

A smaller thing he actually does beats a larger thing he agrees to and does not do. You are looking for movement, not for the ideal outcome.



CONVERSATION FIVE — THE REVIEW

Timing: three weeks after Conversation Four, or after the next relevant incident.

If he did it

"You did the thing with the dates. I want you to know it made a real difference to me. Thank you."

Then nothing else. No "if only you could also." No "see how easy that was." No new ask.

Wait two weeks. Then run Conversation Four again with the next item.

That is the engine: one ask, executed, thanked, then the next. Slowly. It compounds.

If he did not

"The thing we talked about — it did not happen. I am not upset. I want to understand what got in the way."

Then listen. His answer sorts him:

"I forgot" / "there was no chance" / "it was awkward" → willing but has not yet done a hard thing. Make it smaller. Try once more.

"There is no point" / "I am not going to start telling my mother what to do" → a refusal, and information.

"Okay. Thank you for being honest with me."

Then take it to Chapter 10, on your own, not tonight.



HIS EIGHT MOST LIKELY RESPONSES

What each one means, and exactly what to say next

These will come up across all five conversations. Find yours.



RESPONSE 1 — "She is my mother."

What it means: the loyalty reflex. It is not an argument, it is a reflex — the sentence he reaches for when he feels his mother is being attacked. It usually means he has heard your point as a verdict on her character rather than a description of an event.

What it predicts: nothing on its own. Almost every man says this at least once. **Do not treat it as a refusal.**

What to say:

"I know she is. I am not asking you to stop her being your mother. I am asking about one thing that happened."

What not to say: "And I am your wife." That converts a reflex into a competition, and Chapter 5 explained you cannot win that one.



RESPONSE 2 — "You are exaggerating."

What it means: he is disputing the facts, usually because accepting them would require him to have failed to act. It is often self-protection rather than disloyalty to you.

What it predicts: this is the response the Position Log was built for. It is very treatable.

What to say:

"I might be. That is partly why I wrote it down."

Then show him the log and stay quiet.

Why this works: you have agreed with him, which removes the fight, and then produced dated entries, which removes the dispute.



RESPONSE 3 — "Just manage. Let us have peace."

What it means: classic Position 3. He is asking the corner that is cheaper to move to move — and that has always been you. He may genuinely believe he is keeping the peace.

What it predicts: the most common response, and the most workable. He is not against you. He is avoiding.

What to say:

"I have been managing it for [X] years. I am not complaining about that. I am asking for one small thing that would make it easier."

Then the specific ask.

The key move: do not argue about whether you should have to manage it. Convert the conversation from a grievance into a request.



RESPONSE 4 — "What do you want me to do?"

What it means: helplessness, and it comes in two forms — genuine (he really does not know) and rhetorical (he is signalling that nothing can be done).

Treat both as genuine. It costs you nothing and it converts the rhetorical version surprisingly often.

What it predicts: good. This is an open door, and most women waste it by answering vaguely.

What to say: the specific ask, immediately, in one sentence.

"Just agree the dates with her before she comes, and tell me what they are. That is all."

What not to say: "You should know." / "Just support me." He asked for an instruction. **Give him one.**



RESPONSE 5 — "You are trying to separate me from my family."

What it means: the reversal, and the most dangerous response on this list. The complaint has been turned around and handed back to you. It very often means someone has said this to him — his mother, a sister, an uncle — and he is repeating it.

What it predicts: caution. A man reproducing his family's language about you is being worked on by them.

What to say:

"I am not. I want her in our lives. I want to know when she is coming so I can be ready for her properly."

Say it calmly. Then change nothing about your request.

Critical: do not get emotional here, however unfair it is. This is the accusation that becomes the story about you, and any strong reaction confirms it. **Chapter 9's courtesy principle applies inside your own marriage too.**



RESPONSE 6 — Silence

What it means: he has heard you and does not know what to do. Silence is not agreement and it is not refusal. It is overwhelm.

What it predicts: neutral. It depends entirely on what you do in the next thirty seconds.

What to say: nothing, for a while. **Let the silence sit.** Most women fill it, and filling it is how the conversation gets lost.

If it goes past a minute:

"You do not have to answer now. Think about it."

Then leave it, genuinely, and raise it again in three days.

What not to do: repeat yourself louder or add a second point. Both convert silence into resistance.

RESPONSE 7 — "I will talk to her" — and then nothing

What it means: the most frustrating response, because it is not a refusal. He meant it at the time. He then encountered the actual difficulty of doing it and could not.

What it predicts: *cannot yet*, not *will not*. Genuinely workable.

What to say — three weeks later, without accusation:

"You said you would speak to her. It did not happen and I am not upset about it. Was it harder than you expected?"

That question is the most useful sentence in this document for this type of man, because it gives him permission to admit difficulty — and men in this position almost never get that permission.

Then make it smaller. He cannot have the conversation? Ask him to send a text instead. **Fragments count.**

RESPONSE 8 — Genuine engagement

What it means: he heard you, he takes it seriously, and he wants to fix it. It happens more often than women expect, particularly at Conversation Two.

What it predicts: excellent — and this is the response most often wasted.

What to say:

"Thank you. Genuinely."

What not to do — and this is the whole point of including this response:

- ■ Do not produce the full list now that he is finally listening
- ■ Do not bring up things from four years ago
- ■ Do not test whether he means it
- ■ Do not say *"I have been asking for this for years"*

All four are natural, and all four undo it. Years of being unheard produce an enormous pressure to say everything at once the moment someone finally listens — and a man who opens a door and receives four years of accumulated grievance closes the door.

Take the one thing. Thank him. Stop.

WHEN IT GOES WRONG

It became a fight

Do not continue. Nothing said after a conversation turns is retained.

"This is not going how I wanted. Can we stop and come back to it?"

Then genuinely stop, and be warm afterwards. **Wait a full week** before any further attempt.

He brought up something of yours

Your family, your mother, something you did. This is deflection and it usually works, because you defend yourself and the subject is gone.

"That is fair and we can talk about it. Can we finish this one first?"

Concede the point. Refuse the diversion. Both.

He told his mother you complained

It will happen at least once. She will be cold, or she will raise it, or it will reach you through someone.

Say nothing to her. Nothing at all. To him, once, calmly:

"She knows I said something. That makes it harder for me. Can we keep these conversations between us?"

Most men are embarrassed by this and it does not happen twice.

You lost your temper

You will, at least once. Nine years is a long time.

Repair it early and specifically, and do not attach a defence:

"I was angry last night and I said it badly. What I was trying to say is [the one thing]."

No **"but you made me."** The repair only works clean.



THE ONE-PAGE SUMMARY

Screenshot this

MY ASK: _____

THE EXIT SENTENCE: *"You do not have to mention me."*

IF HE SAYS "SHE IS MY MOTHER": *"I know. I am asking about one thing that happened."*

IF HE SAYS "YOU ARE EXAGGERATING": *"I might be. That is why I wrote it down."*

IF HE SAYS "JUST MANAGE": *"I have been. I am asking for one small thing."*

IF HE SAYS "WHAT DO YOU WANT ME TO DO": *[the ask, in one sentence]*

IF HE SAYS "YOU ARE SEPARATING ME FROM MY FAMILY": *"I am not. I want to know when she is coming so I can be ready for her properly."*

IF HE IS SILENT: *say nothing, then — "You do not have to answer now."*

IF HE PROMISED AND DID NOT: *"Was it harder than you expected?"*

IF HE ENGAGES: *"Thank you."* — **and nothing else**

Onovo Jonathan · AfricanHomeFront onovo.online · facebook.com/Africanhomefront ·
eccentricconcept2@gmail.com

**AFRICANHOMEFRONT**

Onovo Jonathan · Abuja, Nigeria

onovo.online · facebook.com/Africanhomefront · eccentricconcept2@gmail.com



This workbook accompanies **My Mother-In-Law Is Destroying My Marriage** — the main guide. Every tool here expands one you have already used there.

This document provides general information. It is not medical, psychological or legal advice.