

PEACEFULHOME NIGERIA

Text Scripts for Difficult Conversations

Exact Words for the Moments You Dread Most

*"Every script in this guide has been used by a real Nigerian woman
in a real marriage. Use the words exactly as written the first time.
Then make them yours."*

A companion to The Peaceful Woman Method · by Coach Adaeze Ezechi

Before You Speak

Each script has four parts: the **Situation** it is written for, what **NOT to say** (in red — the approach that closes the door), **what to say** (in green — the Peaceful Woman script), and a note on **why it works**.

Use the words exactly as written the first time. Do not adjust for tone or personalise until you have used it once. Many women report that the exact wording is what made the difference — not a paraphrase of it.

You do not have to memorise these. Bookmark this PDF on your phone. When a difficult moment arrives, find the right script, read it once, breathe, then speak. Two minutes of preparation changes everything about what follows.



What NOT to say — the approach that shuts a man down, creates defensiveness, and produces the same result you have always gotten.



The Peaceful Woman Script — what to say instead. Use it word for word.

**SCRIPT
01**

He Comes Home Very Late With No Explanation

He walks through the door at midnight or later. Your chest is tight. Your instinct is to confront him the moment he steps in. This is the moment that either opens a door or slams it shut permanently.

THE OLD APPROACH

"Where have you been? Why didn't you call? Is this how a married man behaves? Do you think I'm your maid waiting here?"

THE PEACEFUL WOMAN SCRIPT

"[Name], welcome home. Food is warm if you are hungry. We can talk tomorrow when you are rested — there's something on my mind and I want us to speak properly."

WHY IT WORKS *You have said three things: you acknowledged him, you left the door open for conversation, and you set a clear intention to talk — without attacking. He now has nothing to defend against. The conversation tomorrow will be entirely different.*

IF HE PUSHES BACK *If he asks 'what do you want to talk about?' say: "Nothing urgent tonight. Rest first. We'll talk when we are both fresh."*

**SCRIPT
02**

You Found Something on His Phone

You saw a message, a name, a photo — something that shook you. Your hands are trembling. Every instinct says call his family, pack his things, burn it all down. This is the conversation that determines whether the marriage survives or ends in humiliation.

THE OLD APPROACH

"I saw what is on your phone. You are a liar and a cheat. Everyone will know what you have done. I am calling your mother right now."

THE PEACEFUL WOMAN SCRIPT

"[Name], I need to talk to you about something serious and I need you to be honest with me. I saw [what you saw] and I need to understand what is happening."

"I am not here to fight. I am here because this marriage matters to me. But I cannot stay in something I do not understand. So I am asking you directly — what is going on?"

WHY IT WORKS *Blessing used this approach. Her husband of 12 years cried — the first time she had ever seen that. He ended it himself that same night. The calm voice reached him when years of fighting never could. A woman screaming gives a man a reason to run. A woman speaking clearly gives him nowhere to hide.*

IF HE PUSHES BACK *If he denies: "I am not asking you to confess to me. I am asking you to be honest with yourself about what this marriage deserves. Take your time. I will be here."*

SCRIPT
03

He Has Been Emotionally Distant for Weeks

He is present in the house but absent from the marriage. One-word answers. No eye contact. Sleeping turned away. You have tried asking what is wrong and been met with 'nothing' or silence. The distance is growing and you do not know how to reach him.

THE OLD APPROACH

"You don't talk to me anymore. You don't care about this family. What is wrong with you? Why are you so cold?"

THE PEACEFUL WOMAN SCRIPT

"[Name], I've noticed you've seemed tired lately — or maybe carrying something heavy. I'm not going to push you. But I want you to know I'm here when you are ready."

"I miss you. Not in an accusatory way — just honestly. I miss us talking. Whenever you're ready, I'm here."

WHY IT WORKS *Chinedu had never opened up to Amaka in a year of dating. One soft sentence — 'whenever you're ready, I'm here' — and that same night he said 'Amaka, can I tell you something?' He had never used those words before. You cannot pull a closed man open with force. You create safety, and he walks through on his own.*

IF HE PUSHES BACK *If he stays silent: give him 48 hours. Then: "I'm not going anywhere. But I do want us to be closer. No pressure — just know that."*

SCRIPT
04

Setting a Boundary About Respect

He has said something dismissive, spoken to you harshly in front of others, or treated you as though your feelings do not matter. You have swallowed it before. You will not swallow it again. But you also do not want a screaming match — you want to be heard.

THE OLD APPROACH

"You always disrespect me! You think you can talk to me anyhow? I am not a child. I have never been treated this way in my life!"

THE PEACEFUL WOMAN SCRIPT

"[Name], when you said [specific thing] earlier — it hurt me. I know that may not have been your intention, but I need you to know that I will not accept being spoken to that way."

"I am not saying this to attack you. I'm saying it because I respect this marriage enough to be honest about what I need from it. And what I need is to be treated with respect — always."

WHY IT WORKS *Chioma used a version of this. She delivered it calmly, without drama, without packing bags. Her husband went quiet for two days. Then he came to her and asked if they could start again. Calm boundaries carry more weight than loud ones — because they cannot be dismissed as 'emotion.'*

IF HE PUSHES BACK *If he gets defensive: "I hear you. I'm not looking for an argument. I just needed you to know how I felt. We can revisit it when you're ready."*

There Is Another Woman Getting Close to Him

You have noticed a name on his phone, a colleague he mentions too often, or behaviour that makes something feel wrong. You have not confirmed anything. But the feeling in your stomach is real. This conversation, done wrong, either pushes him toward her or brings him back to you.

THE OLD APPROACH

"Who is this [name]? Why is she calling you? Are you sleeping with her? You better tell me the truth right now or I will find out myself."

THE PEACEFUL WOMAN SCRIPT

"[Name], I want to be honest with you about something because I think honesty is the only thing that protects a marriage."

"I've noticed [specific observation — a name, a change in behaviour]. I'm not accusing you of anything. I'm telling you how I feel: I feel a little unsettled and I'd rather talk about it than let it grow into something bigger."

"Is there anything you want to tell me? I'd rather hear it from you than discover it another way."

WHY IT WORKS Nneoma's husband Alfred told her about the woman at his office voluntarily — in Week 3 of the method. He had been keeping distance from her himself. He said he was telling Nneoma because he wanted her to know. He had never volunteered anything like that before in six years. That only happened when the home felt safe enough to be honest in.

IF HE PUSHES BACK If he says 'there's nothing': "I believe you. I just wanted you to know I'm always a safer place to bring things than anywhere else."

SCRIPT
06

He Dismisses Your Feelings

You express something that hurts you and he responds with 'you're overreacting,' 'you're too sensitive,' or silence. You feel invisible. You feel like your feelings are a burden to him. This is one of the most common and most damaging patterns in a Nigerian marriage.

THE OLD APPROACH

"You never take me seriously! You always make me feel like I'm crazy. My feelings don't matter to you at all!"

THE PEACEFUL WOMAN SCRIPT

"I hear that you see it differently. And I'm not asking you to agree with me — I'm asking you to hear me."

"When I share something that is affecting me and the response is that I'm overreacting — it makes me feel like I have to deal with everything alone. That is not the marriage I want for us."

"I don't need you to fix it. I just need you to listen. Can you do that?"

WHY IT WORKS *The shift here is in the ask. Instead of demanding he validate the feeling, you are asking for something specific and small — just to be heard. Most men will say yes to that. And once he is listening, the conversation changes entirely.*

IF HE PUSHES BACK *If he stays dismissive: "Okay. I've said what I needed to say. I hope we can come back to this when you are in a different space."*

**SCRIPT
07**

Asking for More Help at Home

You are working, raising children, managing the house, and doing everything while he comes home and rests. You have complained before and nothing changed. You do not want another fight. You want actual change.

THE OLD APPROACH

"You never help in this house. I do everything alone. You just sit there while I kill myself. You don't even notice."

THE PEACEFUL WOMAN SCRIPT

"[Name], I want to talk to you about something — not as a complaint, but as a request."

"I've been feeling stretched lately and I think we can do this better as a team. I'm not saying you don't do enough — I'm saying I need specific help with [one or two specific things]."

"If you could take [specific task] off my plate, it would make a real difference. Can we try that for the next two weeks and see how it feels?"

WHY IT WORKS *The old approach produces defensiveness and a list of everything he already does. This approach makes one specific, time-limited ask. It removes the accusation entirely and replaces it with a request. Men respond to requests. They dig in against accusations.*

IF HE PUSHES BACK *If he agrees: acknowledge it when he does it — 'Thank you, that actually helped me today.' That one line builds more goodwill than an hour of conversation.*

**SCRIPT
08**

He Says You Are 'Too Much' or 'You Stress Me'

These words cut deeply. They make you feel like who you are is the problem. They are also rarely about who you are — they are almost always about energy and timing. Understanding this changes everything about how you respond.

THE OLD APPROACH

"Too much? I'm too much? After everything I do for this family? You're ungrateful. You don't deserve me."

THE PEACEFUL WOMAN SCRIPT

"I've heard you say that a few times now and I want to understand what you mean — not to argue, but because it matters to me."

"Can you help me understand what specifically feels like too much? Because I don't want to be a source of stress for you. I want to be your peace."

WHY IT WORKS *Zainab asked this question. She stopped defending herself and started asking to understand. Eight weeks later, her husband told his cousin on the phone: 'Zainab has peace about her now.' He noticed. He talked about it. Because she redirected, not reacted. Understanding the complaint is the first step to addressing it without losing yourself.*

IF HE PUSHES BACK *After he explains: "Thank you for telling me. I hear that. I'm going to think about it — not to change who I am, but to find a better way to bring it."*

Breaking the Silence After a Fight or Cold War

You have not spoken properly in days. The silence has hardened into something that feels impossible to break. Someone has to go first. Here is how to do it without it becoming another argument, without swallowing your pride, and without pretending the fight did not happen.

THE OLD APPROACH

"So you're just going to keep ignoring me? Are you not a grown man? This is childish behaviour."

THE PEACEFUL WOMAN SCRIPT

"[Name], I don't want to keep living like this — with distance between us. I know we both said things, or maybe things went unsaid that needed to be."

"I'm not coming to you to win. I'm coming to you because I miss you and because this marriage matters more to me than being right."

"Can we start again? Not pretend nothing happened — just agree that we want to find each other again?"

WHY IT WORKS *This works because it does not assign blame and it does not ask him to apologise first. It simply names what is true — distance — and offers something real — reconnection. Most men are waiting for a way back that does not require them to lose face. This gives it to them.*

IF HE PUSHES BACK *If he is still guarded: sit beside him. No words. Physical proximity without demand often does more than any sentence.*

SCRIPT
10

Telling Him the Marriage Is in Trouble — Without Ultimatum

Things have been bad for a long time. You need him to understand the seriousness without it becoming a threat, a drama, or something he dismisses as another emotional outburst. This conversation, done right, can be the turning point. Done wrong, it becomes one more thing he tunes out.

THE OLD APPROACH

"This marriage is over if you don't change. I'm serious this time. I will leave you. Don't test me."

THE PEACEFUL WOMAN SCRIPT

"[Name], I need to talk to you about us — not in anger, not in a moment of pain, but calmly, because this is important."

"I love you. I love this family. But I need to be honest: I have been feeling alone in this marriage for a long time. Not because you are a bad person — but because somewhere along the way, we stopped being a team."

"I'm not giving you an ultimatum. I'm telling you where I am so that we can decide together where we want to go. I would rather rebuild with you than make a decision without you knowing how I truly feel."

WHY IT WORKS *This is perhaps the most powerful script in this guide. It replaces threat with honesty, and it invites him into the problem rather than making him the problem. Chioma used a version of this when she was already considering leaving. Her husband asked if they could start again. Not because she threatened him — because she was finally honest with him in a way he could receive.*

IF HE PUSHES BACK *After this conversation: give him space to process. Do not fill the silence. Let the words land.*

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One Last Thing About These Scripts

These scripts are starting points, not scripts for a performance. Use them as written the first time. Then, as you become more confident with the Peaceful Woman tone, let your own voice carry the approach.

The goal is not to sound like someone else. The goal is to speak in a way that reaches him — and then to make that way of speaking entirely your own.

Every woman in this guide who changed her marriage did not recite lines. She internalised a principle: *calm opens doors that noise has been shutting for years.*

"The calm voice reached him when years of fighting could not."

With love for your peace,

Nneoma Okafor

PeacefulHome Nigeria