STORMPROOF MAN

The 25 Patterns. Which ones are yours?

Every man does some of these at home. For each pattern you get three examples of what it looks like, and three ways to fix it.

How to use this. Tick every pattern you did in the last month. Be honest; nobody sees this but you. Count your ticks in each stage. Start with the stage that has the most. Pick ONE pattern and practise ONE fix for seven days.

YOUR SCORE	WHAT THE STAGE IS ABOUT	TICKS
Stage 1 · Decelerate	*Slow down before you reach her.*	_____ / 5
Stage 2 · Claim Frame	*Take your place in the room.*	_____ / 5
Stage 3 · Lead Briefly	*Give the moment a direction.*	_____ / 5
Stage 4 · Change Mode	*Shift the mood, not the argument.*	_____ / 5
Stage 5 · Hold and Exit	*Stay in the moment, then leave it well.*	_____ / 5

The stage with the most ticks is where you start.

STAGE 1 · Decelerate

Slow down before you reach her.

☐ 1. The Storm Entry

You walk in talking, at full speed.

WHAT IT LOOKS LIKE

1. You come home still on a work call and wave at her.
2. You open the door and start with the traffic, the boss, the bad day.
3. You walk in asking "What's for dinner?" before you have looked at her.

THREE WAYS TO FIX IT

1. Stop at the door. One breath. One line: "Good to see you."
2. Finish the call outside. Walk in with the phone in your pocket.
3. Say nothing about your day for the first five minutes.

☐ 2. The Grab

You pull her out of what she's doing.

WHAT IT LOOKS LIKE

1. She is cooking and you start telling her about the weekend plan.
2. She is reading and you put your phone in front of her face.
3. She is on a call with her mother and you ask where your charger is.

THREE WAYS TO FIX IT

1. Stand near her. Say nothing for twenty seconds. Join her rhythm.
2. Help with what she is doing first. Pick up a knife, a cloth, a bag.
3. Ask once: "Two minutes when you're done?" Then leave her to it.

☐ 3. The Fixer

You answer her feelings with solutions.

WHAT IT LOOKS LIKE

1. She says her manager was rude and you list what she should have said.
2. She says she is tired and you tell her to sleep earlier.
3. She is upset about a friend and you say "Just stop talking to her."

THREE WAYS TO FIX IT

1. Don't interrupt. Eye contact. Nod once. Let her finish.
2. Say back what you heard: "That sounds like a rough day."
3. Ask one question only: "Do you want ideas, or do you want me to listen?"

☐ 4. The Interview

You keep asking "are you okay?"

WHAT IT LOOKS LIKE

1. She is quiet in the car and you ask "What's wrong?" three times.
2. You follow her from room to room asking if she is angry.
3. You text "Everything fine?" and then "??" when she doesn't reply.

THREE WAYS TO FIX IT

1. Stop asking. Do one small thing for her. Stay close.
2. Say it once: "I'm here when you want to talk." Then mean it.
3. Sit in the same room and do something calm. Let the quiet be.

☐ 5. The Re-Explainer

You re-explain right after a fight.

WHAT IT LOOKS LIKE

1. Ten minutes after the argument you go back to clarify your point.
2. You send a long message listing what you actually meant.
3. At bedtime you say "I just want you to understand one thing."

THREE WAYS TO FIX IT

1. No words. Make chai. Two cups. Sit. Wait.
2. Leave the topic until the next day. It will still be there.
3. If you must speak, one line: "I don't like it when we fight."

STAGE 2 · Claim Frame

Take your place in the room.

☐ 6. The Polite Ask

You request her attention, then wait.

WHAT IT LOOKS LIKE

1. "Can I talk to you for a minute, if you're free?"
2. You stand in the doorway hoping she will look up.
3. "Sorry to disturb, it's nothing important, but..."

THREE WAYS TO FIX IT

1. Say it once, as a statement. No explaining.
2. Walk in, sit down next to her, then speak.
3. Drop "sorry" and "if you're free". Start with her name.

☐ 7. The Wait-It-Out

You stay away until her mood passes.

WHAT IT LOOKS LIKE

1. She is upset, so you go to the other room and scroll.
2. You stay late at work because the house feels tense.
3. You go to sleep early to skip the cold evening.

THREE WAYS TO FIX IT

1. Walk into the cold room. Stand beside her.
2. Do an ordinary thing near her: fold clothes, cut fruit, sit.
3. Say one line: "I'm not going anywhere." Then stay.

☐ 8. The Defence Lawyer

You argue the facts when she's upset.

WHAT IT LOOKS LIKE

1. She says "You never listen" and you list the times you did.
2. She is hurt about the party and you correct the date and time.
3. You say "That's not what I said" and replay the conversation.

THREE WAYS TO FIX IT

1. Stop mid-sentence. "Come here. Before we talk about it."
2. Agree with the feeling, not the facts: "I can see that hurt."
3. Keep the facts for tomorrow. Tonight, lower the heat.

☐ 9. The Next-Room Text

You message her from another room.

WHAT IT LOOKS LIKE

1. You text "Are you angry?" from the bedroom while she is in the kitchen.
2. You send an apology on chat while sitting twenty feet away.
3. You forward a reel instead of walking over to talk.

THREE WAYS TO FIX IT

1. Get up. Go to her. Say it in person.
2. If it matters, say it with your face, not your thumbs.
3. Keep the phone for logistics only: time, place, groceries.

☐ 10. The Volume Match

You get louder when she gets loud.

WHAT IT LOOKS LIKE

1. She raises her voice and you raise yours over it.
2. She talks fast and you cut in faster.
3. She slams a door and you slam one back.

THREE WAYS TO FIX IT

1. Drop your voice. Slow your words. Hold her eyes.
2. Sit down. It is hard to shout from a chair.
3. Pause three seconds before every reply.

STAGE 3 · Lead Briefly

Give the moment a direction.

☐ 11. Whatever You Want

You hand every decision back to her.

WHAT IT LOOKS LIKE

1. "Where should we eat?" "Anywhere, you decide."
2. She asks about the weekend and you say "Up to you."
3. Choosing a film takes forty minutes because you won't pick.

THREE WAYS TO FIX IT

1. Decide. Out loud. One short direction.
2. Offer one plan, not a menu: "We're going for dosa at eight."
3. If she prefers something else, switch without sulking.

☐ 12. The Remote Reflex

You reach for a screen in every free moment.

WHAT IT LOOKS LIKE

1. Dinner ends and the TV is on before the plates are cleared.
2. A free Sunday morning goes to your phone on the sofa.
3. She sits next to you and you keep scrolling.

THREE WAYS TO FIX IT

1. Stand up. Give the hour a plan. Start it.
2. Screen off first, then decide what the evening is for.
3. Keep one screen-free slot a day and guard it.

☐ 13. The Check-In

You ask permission before leading.

WHAT IT LOOKS LIKE

1. "Would it be okay if we maybe went for a walk?"
2. "Do you want me to hug you?"
3. "Should I plan something, or would that be too much?"

THREE WAYS TO FIX IT

1. Don't ask what she needs. Show her.
2. Turn the question into an invitation: "Come, let's walk."
3. Watch her response and adjust. That is your answer.

☐ 14. The Collapse

You treat rest as doing nothing.

WHAT IT LOOKS LIKE

1. You come home and vanish into the sofa until bedtime.
2. The weekend has no shape, so it becomes chores and screens.
3. "I'm too tired" is the answer to every evening.

THREE WAYS TO FIX IT

1. One clear line that moves you both somewhere.
2. Rest on purpose: tea on the balcony, twenty minutes, together.
3. Pick one small thing for tonight and announce it.

☐ 15. The Passenger

You wait to be told the plan.

WHAT IT LOOKS LIKE

1. She books the trip, the tickets and the hotel. You turn up.
2. You ask "What are we doing today?" every Saturday.
3. Guests are coming and you wait for instructions.

THREE WAYS TO FIX IT

1. Own one whole piece. Tell her once. Run it.
2. Take one thing off her list without being asked.
3. Plan one evening a week from start to finish.

STAGE 4 · Change Mode

Shift the mood, not the argument.

☐ 16. The Talk Loop

You try to talk your way back to closeness.

WHAT IT LOOKS LIKE

1. An hour into "discussing us" and you are both more tired.
2. You ask "Are we okay?" for the fourth time tonight.
3. You explain your feelings again, with new examples.

THREE WAYS TO FIX IT

1. Stop talking. Stand up. Take her hand. Move.
2. Change the place: a walk, the terrace, a drive.
3. Say "Enough words for today" and do something together.

☐ 17. The Ghost On The Sofa

Body at home, head in the phone.

WHAT IT LOOKS LIKE

1. She is telling you about her day and you say "hmm" at the screen.
2. You sit together for two hours and exchange four sentences.
3. You reply to a work message in the middle of her story.

THREE WAYS TO FIX IT

1. Phone face down. Change the room: light, sound, a drink.
2. Leave the phone in another room for one hour.
3. Turn your body to face her before you answer.

☐ 18. Not Now

You wait to feel good before you play.

WHAT IT LOOKS LIKE

1. She puts on a song and you say "Not in the mood."
2. She jokes and you answer in your office voice.
3. "Let me finish this first" becomes the whole evening.

THREE WAYS TO FIX IT

1. Sixty seconds. One song. Move first.
2. Say yes for one minute. The mood follows the action.
3. Start it yourself once this week, before she does.

☐ 19. The Guilt Gift

You ignore the drift, then overcorrect big.

WHAT IT LOOKS LIKE

1. Weeks of distance, then a surprise weekend away.
2. You forget small things all month, then buy jewellery.
3. After a bad fight you book an expensive dinner.

THREE WAYS TO FIX IT

1. One small change tonight. A candle beats a trip.
2. Do something small every day rather than something large once.
3. Notice one thing she did today and tell her.

☐ 20. The Doorway Trial

You demand answers in the middle of her work.

WHAT IT LOOKS LIKE

1. She is on her laptop and you ask "Why are you being cold?"
2. She is packing school bags and you bring up last night.
3. She is cooking and you start "We need to talk."

THREE WAYS TO FIX IT

1. Take her out of the work first. Then ask nothing.
2. Help her finish the task. Talk after, sitting down.
3. Pick the time: "After dinner, ten minutes, you and me."

STAGE 5 · Hold and Exit

Stay in the moment, then leave it well.

☐ 21. The Rush

You spend her attention the moment you get it.

WHAT IT LOOKS LIKE

1. She smiles at you and you bring up the pending bill.
2. She leans on you and you reach for more at once.
3. A good moment starts and you start talking about plans.

THREE WAYS TO FIX IT

1. Hold it three seconds. Then leave it there.
2. Add nothing. Let the moment be the whole thing.
3. Keep the practical topics for later in the day.

☐ 22. The Announcement

You turn a good moment into a statement.

WHAT IT LOOKS LIKE

1. Across the room her eyes meet yours and you say "I want to fix us."
2. After a nice dinner: "See, we should do this more often."
3. During a hug: "This is what I've been talking about."

THREE WAYS TO FIX IT

1. Hold her gaze. Say nothing. Walk away.
2. Enjoy it without commentary.
3. If you speak, keep it to two words: "Nice evening."

☐ 23. The Cling

You hold on too long out of fear.

WHAT IT LOOKS LIKE

1. The hug goes on until she pulls away.
2. She gets up to leave the room and you ask "Where are you going?"
3. A good evening ends and you ask "Can we stay like this?"

THREE WAYS TO FIX IT

1. Hold fully. Let go first.
2. End the moment while it is still good.
3. Trust that there will be another one.

☐ 24. The Receipt

You ask for credit after doing something good.

WHAT IT LOOKS LIKE

1. You wash the dishes and say "Did you notice?"
2. You plan the outing and remind her twice that you planned it.
3. "I've been trying really hard this week, you know."

THREE WAYS TO FIX IT

1. Do it. Say nothing. Exit.
2. Let her find it on her own.
3. Do the next good thing before anyone has thanked you for the last.

☐ 25. The Cold Exit

You leave without a word or a look.

WHAT IT LOOKS LIKE

1. You leave for work while she is in the other room.
2. You go to bed without saying goodnight.
3. You end a call with "Okay, bye" in the middle of her sentence.

THREE WAYS TO FIX IT

1. Look at her. One warm line. Then go.
2. Find her before you leave. Ten seconds.
3. End every call with one line that is only for her.

Knowing the pattern is the easy part.

Doing the fix in the moment, when you are tired or irritated, takes practice. That is what the Stormproof Man app is for: short daily drills for each of the 25 patterns.

Join the app waitlist: stormproofman.com