

# Mini Checklist - How to Talk to Your Partner About ED

By Evelyn · [lamyrecipes.com](http://lamyrecipes.com)

- [] Pick a quiet, pressure-free moment (not after an argument or during intimacy).
- [] Use "I" statements: "I've noticed" or "I care about you and"
- [] Avoid jokes or sarcasm - speak with warmth and curiosity.
- [] Ask open-ended questions: "How are you feeling about this?"
- [] Offer to research or attend an appointment together.
- [] Validate: "It's more common than you think. You're not alone."

*\* Real love begins with real conversations.*

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