

BONUS GUIDE

WORDS THAT PULL HIM BACK



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Before You Begin

Every relationship goes through quiet stretches. A man pulls back a little. The texts get shorter. The calls get fewer. It is easy to panic in these moments, but panic rarely helps. Words do.

The right words, said at the right time, can open a door that silence has slowly been closing. Not tricks. Not games. Just simple, honest phrases that remind him why he wanted to be close to you in the first place.

This guide gives you six of those phrases, and the quiet truth behind each one. Use them when they feel true, not just when you want a result. Real connection is always rebuilt with honesty, never with a script alone.

01

Why Words Matter More Than You Think

Many women believe actions are the only thing that count in love. Actions matter, yes. But words carry weight too, especially in the quiet moments between two people.

A man cannot read your mind. When you say nothing, he often fills the silence with his own guesses, and those guesses are not always kind to you. He may think you are angry, bored, or already gone. The right sentence, spoken plainly, can clear up more confusion in ten seconds than a week of silent hoping.

This does not mean you should over-explain or chase him with constant messages. It means choosing a few honest words, at the right moment, instead of no words at all.

Tolu learned this the hard way. For weeks she said nothing while her boyfriend grew distant, hoping he would simply notice her patience on his own. He never did, because he was too busy filling the silence with his own worried guesses. One evening she finally said, simply, "I've missed talking to you lately." His whole face softened. He had no idea she felt that way. A single honest sentence did what three silent weeks could not.

Think of words like small deposits in a trust account. Every honest sentence adds a little. Every careless one takes a little away. Small, repeated deposits like this tend to rebuild connection more reliably than one perfect speech said only once.

SECTION 01 RECAP

Why Words Matter More Than You Think

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Silence lets him guess. Honest words let him understand.

TRY THIS

Send this line the next time he goes quiet for more than a day, then wait without following up.

Come back to this page anytime you need a reminder.

02

"I Miss Us" — Reopening The Door

When a man starts to drift, many women either say nothing or say too much. There is a simpler path. Three small words: "I miss us."

Not "I miss you," which can feel like pressure. Not a long message listing everything wrong. Just a soft, honest line that reopens the door without pushing him through it. It tells him you noticed the distance, and you still care, without demanding he explain himself right away.

Say it once, in a calm moment, not in the middle of an argument. Then let him respond in his own time. This phrase works because it invites him back gently, instead of chasing him away with pressure.

Grace tried this after a hard month in her marriage. Instead of bringing up every small complaint that had built up, she waited for a quiet Sunday morning and said, "I miss us, the way we used to laugh together." Her husband did not have a perfect response ready. He simply reached for her hand. That small moment did more to bring them close again than the argument she had been rehearsing in her head all week.

This phrase also centers on "us" instead of blame. It does not accuse him of pulling away. It simply names a shared loss, something you both once had, which makes it far easier for him to hear without feeling defensive.

SECTION 02 RECAP

"I Miss Us" — Reopening The Door

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

"I miss us" opens a door. It does not push him through it.

TRY THIS

Practice saying "I miss us" out loud once before you say it to him, so it comes out calm, not desperate.

Come back to this page anytime you need a reminder.

03

"I'm Not Going Anywhere, But I Won't Chase Either" — Calm Confidence

This phrase does two things at once. It reassures him that you are not disappearing, and it reminds him, gently, that you will not run after him if he keeps pulling away.

Men often respect a woman who can say this calmly, without anger in her voice. It is not a threat. It is simply the truth, spoken with steadiness. It tells him the relationship is safe, but it is not one-sided.

Say this once, kindly, and then let your actions match it. Do not send five more messages after saying it. Let the words stand on their own, and let him feel the calm behind them.

Naomi said a version of this to a man she had been dating for two months, right after he canceled plans for the third time. She did not raise her voice. She simply said, "I'm not going anywhere, but I'm also not going to keep chasing you." Then she went about her evening, calmly, without following up. Two days later, he called, more present than he had been in weeks. Calm words, backed by calm behavior, had said everything that anger never could.

Calm confidence like this also protects you. It reminds you, as much as him, that your worth does not depend on constant reassurance. Saying it out loud can feel like a small act of self-respect on its own.

SECTION 03 RECAP

"I'm Not Going Anywhere, But I Won't Chase Either" — Calm Confidence

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Steady words plus steady actions build real trust.

TRY THIS

Write this phrase down somewhere you can see it, so you remember it in the heat of a tense moment.

Come back to this page anytime you need a reminder.

04

"Tell Me What's Really Going On With You" — Inviting Honesty

Sometimes a man pulls away not because he wants to leave, but because something heavy is sitting on him, something he does not know how to say out loud. Asking "What's wrong?" often gets a quick "Nothing." Asking "Tell me what's really going on with you" is different. It signals real interest, not just a passing question.

This phrase works because it gives him permission to be honest without feeling judged. Ask it gently, away from distractions, and then simply listen. Do not rush to fix his answer. Sometimes being truly heard is the thing that pulls a man back the most.

Funke noticed her boyfriend had gone quiet after a rough week at work. Instead of assuming he had lost interest in her, she sat beside him one evening and asked this question, softly, with no pressure in her tone. He was quiet for a moment, then admitted he was scared about losing his job and did not want to worry her. Nothing about the situation changed that night, but something between them did. He felt safe again, simply because she asked.

This kind of question also builds a habit over time. The more often a man feels safe answering honestly, the more naturally he begins to open up without needing to be asked at all.

SECTION 04 RECAP

"Tell Me What's Really Going On With You" — Inviting Honesty

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

People move toward those who make honesty feel safe.

TRY THIS

Ask this question during a relaxed moment, like a car ride or a walk, not during an argument.

Come back to this page anytime you need a reminder.

05

"I Trust You To Come Back To Me" — Removing Pressure

Pressure often pushes people further away, even when it comes from love. This phrase does the opposite. It removes pressure instead of adding it.

Saying "I trust you to come back to me" tells him you are not going to control his timing or force his feelings. It shows quiet confidence in the relationship, and in yourself. Many men move closer, not further away, once the pressure to perform is lifted.

This is not about pretending you do not care. It is about trusting the relationship enough to give it room to breathe, instead of squeezing it tightly out of fear.

Bisi used this phrase during a season when her husband needed space to work through a hard personal loss. Instead of demanding he open up on her timeline, she told him plainly, "Take the time you need, I trust you to come back to me." He later told her that sentence was the reason he did not shut her out completely. Trust, spoken out loud, had given him a safe place to return to.

This phrase works best when it is true. If you say it while secretly monitoring his every move, the mismatch will eventually show. Real trust removes the need to check constantly, and that ease is often what he responds to.

SECTION 05 RECAP

"I Trust You To Come Back To Me" — Removing Pressure

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Trust gives love room to grow back naturally.

TRY THIS

Say this once, then physically put your phone away for the next hour.

Come back to this page anytime you need a reminder.

06

What Not To Say — Words That Push Him Further Away

Just as some words pull a man back, others quietly push him further away. Watch for these patterns in your own words during hard moments.

Avoid keeping score out loud, listing every mistake he has made in one breath. Avoid ultimatums delivered in anger, threats you do not truly intend to keep. Avoid comparing him to other men, even in frustration. And avoid going completely silent for days as a form of punishment, since silence used as a weapon usually creates distance, not closeness.

None of us speak perfectly in hard moments. The goal is not perfection. The goal is awareness, so you can choose better words the next time emotions rise.

Ijeoma once said, in a moment of frustration, "You're just like every other man who's let me down." She saw the words land, and watched something close behind her boyfriend's eyes. It took weeks to rebuild the openness that one sentence had cost her. She still remembers the lesson: words spoken in anger can undo months of careful trust in a single breath.

If you notice yourself reaching for one of these patterns, pause before speaking. A few slow breaths, or a moment in another room, often creates enough space to choose calmer words instead.

SECTION 06 RECAP

What Not To Say — Words That Push Him Further Away

Here is the heart of it, and one small way to put it into practice before you move on.

KEY TAKEAWAY

Notice the pattern. Awareness is the first step to change.

TRY THIS

Reread your last five messages to him and notice if any of these patterns show up.

Come back to this page anytime you need a reminder.

A Final Word

Words are not magic. They cannot force someone to love you, and they should never be used only to manipulate an outcome. But honest words, chosen with care, can clear away confusion and remind a man why closeness with you feels good.

Use these phrases when they are true. Let your actions walk beside them. And remember, the goal was never to pull him back by force. It was always to make honest connection easy to find again.

With warmth, Dede Okeke