

Before You Ask Her to Explain

A practical guide for the man who wants to help.

I want the women we love to feel that we are willing to learn without making them responsible for teaching every lesson. Read the first page yourself. Use the rest when she wants to talk, and take responsibility for what you agree to do.

Mike

Understand the basics before drawing conclusions.

Perimenopause is the transition around the end of menstrual cycles. Symptoms often begin years before the final period. Natural menopause is recognized after 12 months without a period when there is no other cause. Experiences vary widely.

Notice more than hot flashes.

Sleep disruption and difficulty concentrating are possible symptoms, along with changes in mood or anxiety. Vaginal dryness and discomfort during sex also deserve attention. Some women have few symptoms. Others experience significant disruption.

Listen to her account of her body.

A symptom list is a starting point for learning. It gives you no authority to diagnose her or dismiss a concern about your relationship. If she tells you something you did upset her, address what she said.

Support care she chooses.

Troubling symptoms deserve a conversation with a qualified clinician. Treatment depends on her health history and preferences. Offer practical help if she wants it. Bleeding after menopause needs medical evaluation.

NHS: Symptoms and when to seek care

WHO: Menopause and care options

Give her a choice about the conversation.

Ask with care

Choose a calm moment. If she is tired or does not want to talk, respect that. Reading this guide is work you are able to do on your own.

Before you begin

What have I assumed or dismissed that I need to reconsider?

An opening to make your own

“I have been learning about this, and I realize there is more I need to understand. Are you up for telling me what has been hardest lately?”

If you owe an apology, name what you did: “When you told me you were exhausted, I brushed it off. I am sorry. I want to understand.” Use words that are true for you.

What does she want you to understand?

Ask whether she wants you to take notes. Use her words, without adding a diagnosis.

What kind of support would feel useful?

She might want help with a task, information, company or some space. Ask what she wants before choosing for her.

Check your understanding: “Have I understood that correctly?”

Choose an action that leaves her with less to manage.

Follow through at home

A useful response changes something in the day you share. Start with one responsibility you will handle fully, including the planning and follow-up.

What I will take responsibility for

For example: handle the evening routine so she has time to rest.

When I will begin

What we want to adjust together

Consider a change that would support rest or make the day easier. Ask first.

Keep affection comfortable.

Ask what kind of closeness feels welcome. Respect her answer without withdrawing kindness or expecting sex in return. If she wants help discussing discomfort with a clinician, ask what would be useful.

When she wants me to check in again

Agree on a time to ask whether the support helped. Avoid monitoring her symptoms.

You are allowed to be learning. Let that learning show up in how you treat her tomorrow.

[Read Man vs. Menopause on Amazon](#)